



# YMCA AFTERSCHOOL SWIM LESSONS

Hello Y Families!

Welcome to the Athens YMCA Afterschool Swim Program. We are excited to get swimming underway. Please read the following information:

## Your first day of the session...

- 2:50–3:40pm: Arrive at the YMCA and check-in with the after-school coach.
- *This is a good time to have some of your snack.*
- Go to the Youth Locker Room and change into your swimsuit.
- Use the restroom and shower off. Get your hair soaking wet. This will help it from feeling like straw when you get out of the pool.
- *Send a towel and **write your child's name on it.** We encourage parents to send a swim cap and goggles too.*
- Walk to the pool deck and check in with our lifeguards.
- We will go over a few rules and then you will get a chance to show off your swim skills.
- The swim test: Jump into the deep pool. Swim across the deep pool. Tread water for 10 seconds. Float on your back for 10 seconds. Swim back across the deep pool.
- Green Wrist Band: completed swim test 100% and with confidence. Child may swim in deep pool or lap pool.
- Red Wrist Band: did not complete swim test. Child may swim in 2-foot pool. You may try the test again on your next swim day.
- 3:55: All swimmers meet on pool deck for introductions and announcements. At this time, we will go over rules, swim groups, YMCA CHRR Values and Mission Statement.
- Grouping: We will use the National YMCA Swim Lessons Program to evaluate swimmers and place them in a group according to skill level. The skill levels are: Water Acclimation, Water Movement, Water Stamina, Stroke Introduction, Stroke Development, and Stroke Mechanics. Each group will have approx. a 1:6 (instructor: student) ratio.
- 4:55: All swimmers go to the locker room to shower off, change into dry clothes and go to the Youth Room for pick-up. Please practice drying off and changing out of wet clothes at home. This will help us tremendously. Please allow 15-20 mins for your swimmers to change and transition to the youth room.
- *The Youth Room is great time to finish your snack while you wait to be picked up.*
- It can often take swimmers a little extra time to change into their clothes. We encourage you to park and come to the Front Lobby to pick up your child. Parents picking up their swimmers will be unable to enter the pickup loop until after 5:10pm. This helps prevent heavy traffic in the pickup loop.
- We cannot honor any early pick-up calls or notes. If you need to pick your child up early, please come to the YMCA and speak to the front desk. Please expect a 30-minute wait.



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- Parents/guardians are not allowed to sit in any program space during programs. In the event parents/guardians would like to visit their child during their program, please email the director for that program to request a time/date to come in.
- All after school participants must be picked up before 5:45pm.

## **A few notes...**

- If your swimmer forgets their swimsuit, you can drop their swimsuit off at the Front Desk or you will be required to pick up your child by 3:45pm. Due to safety and liability children are unable to sit and watch swim lessons. No other program is an option in its place for the day.
- For safety reasons, we are unable to send them to another program or allow them to sit out on the bench during lessons.
- We will have Parent's Day near the end of the session. Please come and see all the skills your child has been working on all session. Parents will be notified about Parents' Day by email. Dates: TBD.
- Swimming is a fluid sport. The YMCA understands that some children progress faster than others. If your child can complete everything on their Coach's skill sheet, we will move them to the next group. They will not need to wait until the end of the session to move up.

Again, we are excited you are swimming. Please email Coach Ben and Coach Caitlin (ben@athensymca.org) with any questions relating to Afterschool Swim.

See you in the pool!

Ben Schultz  
Aquatics Director

Caitlin Schroeder  
Aquatics Coordinator