



LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT BELONG IN?

- Parent and Child: 6 months - 3 years
- Learn to Swim: 6-12 years
- Preschool: 3 - 5 years
- Adult: 13 years and up

WHICH LEVEL IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	NOT YET	Parent & Child
Is the student comfortable working with an instructor without a parent in the water?	NOT YET	Parent & Child
Will the student go underwater voluntarily?	NOT YET	Level 1
Can the student do a front and back float on his or her own?	NOT YET	Level 2
Can the student swim 15 yards of front crawl and 15 yards of elementary backstroke?	NOT YET	Level 3
Can the student swim 25 yards of front crawl, 25 of elementary backstroke and 15 yards of breaststroke?	NOT YET	Level 4
Can the student swim 50 yards of front crawl, 50 yards of elementary backstroke, 25 yards of breaststroke, and 25 yards of back crawl?	NOT YET	Level 5
Can the student swim 500 yards continuously, using any 3 strokes of choice, swimming at least 50 yards of each stroke?	NOT YET	Level 6

** At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.*



COVID GUIDELINES FOR LESSONS

BEFORE LESSONS START

- Sign in at the front desk and be sure to sign the YMCA COVID waiver
- Enter the pool through the hallway side entrance doors (glass doors).
- One parent may accompany their child(ren) into the pool area.
- Have student come dressed to get in the water.
- Masks must be worn at all times, except in the water.
- Sit in designated areas, 6 ft. apart from other families.

DURING LESSON

- Parents may use the YMCA while their child is in lessons, be sure to arrive 5 minutes before the end of the lesson to pick up your child. You may not leave the YMCA while your child is in swim lessons.
- Masks must be worn at all times, except when in the water.
- Do not wear street shoes on the pool deck
- Instructors will be wearing face shields while teaching. Students will be spaced 6 ft. apart during lesson.

AT THE END OF LESSON

- Accompany your child into the locker room to change.
- If utilizing the showers please spray down with cleaning supplies that are located at the front desk.
- Both boys/men's and girls/women's locker rooms will be available for families to change after lessons.
- Instructors will clean all equipment at the end of each lesson