



Y FLOAT

Frequently Asked Questions

At what age can I register my child for float lessons?

Training is offered to children 1 to 4 years (if your child is older than 4 years we will still offer training, just ask our staff for more information).

Can I schedule all of my children at the same time?

It is important that we train each child separately, as each child learns at their own pace.

Can parents stay and watch the float lessons?

Parents are welcome to be in the pool area to watch, or you may watch in our Float Lounge.

However, in order for our instructors to effectively teach they need the child's full attention and trust. We kindly ask to move to an area where your child cannot see you for the first few lessons, or if you see that they are distracted by your presence.

Should my child eat before a float lesson?

Please do not feed or give your child milk or juice one hour before their swim lesson. If your child is frightened and/or cannot hold their breath, we recommend no eating 3 hours before lessons. Nervous children often swallow lots of air and at times water which may cause a child to throw up.

What should I bring to the lesson?

- All children who are not yet potty trained are required to wear a swim diaper
- Swim suit
- Towel
- Change of clothes
- You may bring goggles and/or a swim cap (or other ear protection wear)

What is your lesson make-up policy?

We request parents let us know ahead of time if a child will not be present at a Float lesson. Make ups for No Call/No Show are at the instructor's discretion. Please contact your Float Instructor to coordinate make up scheduling. We do our best to accommodate parents who stay in contact with us about make up lessons. No Call/No Show make up lessons will not be rescheduled.

What if I have concerns about the way the lessons are going?

We understand that you're extremely interested in your child's success with float lessons. We are too! Should you ever have concerns, please address those concerns with us immediately.

How long will it take for my child to learn how to float?

Every child learns at a different pace. This is why our program is a skills-learned program not a pass/fail program. Your child's personal progress will be taken into account each class. At the end of the session your instructor may recommend continued training.

It will depend on:

- The level of fear
- The ability to trust the instructor
- The child's individual personality. Some children have a cautious personality and others jump into everything without a thought.
- The amount of time the family goes swimming together.
- The way the body and coordination have matured. Some can just get it and others need to practice over and over and over again.

Our advice is to be patient with your child and offer lots of praise and encouragement.

What if my child does not like float lessons?

Floating like many activities, generates anxiety in some children. This anxiety may be most evident on the first day of lessons. As each class progresses, your child's anxiety should be less and less evident. That's why we schedule multi-week sessions. Time, familiarity and consistency ease the anxiety. Remember this is a skill for life that you are giving your child.

How frequently should I schedule my child's lessons?

Each child is different and our program is set up to accommodate individual needs to optimize learning. Please take your child's comfort level into consideration when making these decisions. If your child is frightened, we recommend scheduling lessons as frequently as possible. Otherwise, it depends on how quickly you want your child to learn. Children learn with fewer lessons if the lessons are close together. If you practice "homework" and hints at home they will learn more quickly. If you are practicing and the children are grasping the concepts, twice a week is sufficient. We also strongly recommend "refresher lessons".

What is next for my child after Little Floaters lessons?

Our Little Swimmer Lessons are for those who have had at least 1 session of the Little Floaters program, are under 5 years old and want more work 1-on-1 with our certified staff to reinforce float skills, increase stamina and develop new skills. We also have lessons for those 5 years old and older, just ask your instructor.

How long should I wait between sessions?

We recommend dropping in for a free assessment at least once a month.