

Float Frequently Asked Questions

May parents stay and watch the float lessons?

Absolutely! Parents are welcome to watch.

- In order for our instructors to effectively teach they need the child's full attention and trust.
- If your child is distracted by you, we kindly ask to move to an area where your child cannot see you.
- The Aquatics Office has a closed circuit TV where you can watch your child's class.

Should my child eat before a swim lesson?

Please do not feed your child or give him/her milk or juice one hour before his or her swim lesson.

- If your child is frightened or cannot hold his or her breath, no eating 3 hours before is preferred.
- Nervous children often swallow lots of air and sometimes water which may cause a student to throw up.

What should I bring to the lesson?

- All students under the age of 3 are required to wear an appropriate swim diaper regardless of whether or not the student is potty-trained.
- Swim suit
- Towel
- Change of clothes
- Goggles if your child is used to wearing them
- We do have towels and swim diapers available if you forget yours, just ask

What is your float lesson make-up policy?

Make-up lessons are made as needed on a first-come, first-served basis.

- Please contact your Float Instructor to coordinate scheduling.

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 rate. This is why our program is a skills-learned program not a "grade" earned program. Your child's personal progress will be taken into account each class. At the end of the program your instructor may recommend continued training.

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.

What is the Y doing to prevent the spread of Covid-19?

The safety of your children and our staff are our top priority as we resume our Float program. Each of our instructors have been fitted with acrylic face masks so they can easily interact with your child and ensure each other's safety. Each child will have their temperature checked before entering the pool and adults are checked at the door of the facility. Each of our staff also have their temperature checked before they begin their shift. Anyone with a fever above 100.4 will not be allowed into the facility. Everyone entering the facility must apply hand sanitizer or wash their hands. Since we reopened we have been sanitizing pool equipment and supplies every 2 hours to prevent the spread of germs. It is also recommended anyone entering the facility should wear a face mask and practice social distancing for everyone's safety.