

YMCA of Bristol Group Swimming Lesson Frequently Asked Questions

Arrival: On the first day of class, come 10 minutes early so you can check in on the pool deck. For the rest of the session it is important to be on the pool deck and ready to go 5 minutes before your class time. Please allow plenty of time before class to get dressed, use the restroom, etc. For safety reasons, please do not let children enter the pool, or sit poolside unless the instructor has invited them.

Swimming Attire: Most bathing suits and swim trunks are acceptable. Children should not attend swim lessons with any type of built-in flotation, and the very little ones will need to wear swim diapers.

Swimming Accessories: For swimmers with long hair, we ask that it be tied back away from the face. Swim Caps are also acceptable. Goggles may be brought by children or borrowed from us for lessons.

Swim Lesson Placement: Children will be swim checked and assigned a group on the first day of lessons, so that they will be placed with children of similar ability. We ask you to support this effort to ensure all of our participants have the greatest chance for success.

Cancellation/Sick Policy

Children who are ill should be kept at home. This is in the best interest of their health as well as the health of others. Unfortunately, non-attendance for any reason does not entitle you to a refund or a make-up class. We will make every attempt to offer a make-up class if the YMCA must cancel a lesson.

When should I keep my child out of swim lessons? Please keep your child out of swim lessons if he/she has:

- a fever or vomited within the last 24 hours
- diarrhea or intestinal flu
- green/yellow discharge from the nose
- pink-eye, ringworm, or other contagious illnesses (including Covid)

Bathroom Use

We encourage all participants to arrive early enough to use the restroom before class begins. For all participants who are not potty trained, we require the use of swim diapers. For sanitary reasons, please do not change diapers on the pool deck – diaper changing stations are available in the locker rooms.

Inclement Weather/Biohazards/Pool Closures

We are required to close all pools for 30 minutes after the last lightning detection. We make up lessons due to facility closure, in cases such as pool contamination or thunder/lightning storms. Lessons missed for personal reasons, such as illness or vacation, will not be made up. Make-up classes are typically made up on Fridays. Please call the Y at 423 968 3133 for all pool updates.

Please remain in the pool area if you are not comfortable with your child going to the bathroom alone. Please remain on the YMCA property at all times. If you do leave the pool area to workout, etc, please be sure that you are back before your child's class is over.