



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME LITTLE FLOATER!

YMCA of Bristol Infant & Toddler Survival Swim Program

May parents stay and watch the float lessons?

Absolutely! Parents are welcome to watch on the TV in the pool office, and as they progress, you may move on to the pool deck to watch.

If your child is distracted by you, we kindly ask to move to an area where they cannot see you.

Should my child eat before a swim lesson?

Please do not feed your child or give them milk or juice one to three hours before their swim lesson.

Children often swallow lots of air and water which may cause a child to throw up...This is normal.

What should I bring to the lesson?

Students should wear a comfortable swimming suit, and are required to wear an appropriate swim diaper regardless of whether or not the child is potty-trained. Swim shirts are optional.

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 available.

Please contact your Float instructor to coordinate scheduling.

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 "pass/fail" program. Your child's personal progress will be taken into account each class. At the end of each session 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, may generate anxiety in some children. This is usually the case during the first four lessons. As the child progresses, they will be more comfortable in the water. This is why we encourage scheduling at least two lessons per week.

Remember that learning to float is a life saving skill that your child is learning.

Any time you have a question about the Float program, don't hesitate to ask.

YMCA of Bristol

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