

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 at least 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 to do so.

Swimming Attire: Most swimming 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 a swim diaper.

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. They will be placed with children of similar ability.

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 for weather etc.

When should I keep my child out of swim lessons? Please keep your child out of swim lessons if they have:

- 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

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 children, or diapers on the pool deck – benches are available in the changing 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 done on Fridays. Please call the Y at 423 968 3133 for all pool updates.

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

Questions: Feel free to talk to instructors, if you have any questions.