



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LITTLE FLOATERS

## Infant & Toddler Survival Swim Program YMCA of Bristol

Did you know drowning is the number one cause of accidental death in children ages 1-4? The YMCA of Bristol's Little Floaters Survival Swim Program is working to change this statistic.

Our one-to-one swim lessons teach children ages 1-4 survival skills, such as how to float on their backs, and to roll onto their backs so they can breathe for a period of time, until help arrives. These precious seconds can save a life!

These lessons maximize the short attention span of toddlers while gradually increasing the child's comfort level in the water through personalized one-to-one instruction by a certified instructor.

Little Floaters Swim Lesson registration and payments may be taken care of at the Member Services Desk.

For more information and questions, contact Suzanne (suzanne@bristolymca.net) or Maura (maura@bristolymca.net)

### REMEMBER

- This class does not drown-proof a child, but it does teach basic skills that will give a family precious seconds in case a water incident should occur.
- This class should never substitute for a parent's supervision of their child in the water.
- Learning to float is a lifesaving skill that your child is developing.
- Any time you have a question, don't hesitate to ask.



### Lesson Information

Ages: 1 - 4 years old  
Classes: 2 days/week for 4 weeks  
Lesson Length: 10 - 15 minutes  
Fees: Member \$210

Potential Member \$290  
Ask about our Float Loyalty Program

### 2023 Session Dates

January 15 - February 9

February 9 - March 15

March 25 - April 19

April 29 - May 24

June 3 - June 28

July 8 - August 2

August 12 - September 6

September 16 - October 11

October 21 - November 15

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423 968 3133



# Frequently Asked Questions

## May parents 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.



## 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.

## What if my child doesn't like lessons?

Floating, like many activities, may generate anxiety in some children. This is usually the case during the first several 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.

## What is your Float lesson make-up policy?

We understand that infants and toddlers become sick and there are family emergencies, that being said we ask that you do your best to attend all scheduled lessons. If you are unable to attend a lesson please contact us and let us know. We do provide make up lessons; however, make up lessons due to no call, no show, may not be available. We will do our best to work with you to schedule make up lessons. Please contact your Float instructor to coordinate scheduling.

**YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.**

# WATER SMART IS WATER SAFE

## Safety Around Water Quick Tip Guide



Make sure you wear a U.S. Coast Guard PFD/Lifejacket correctly.



Always have a water watcher at your pool.



Never swim alone without an adult.



Use a tube to assist a distressed swimmer. Do not go into the water after them.



Wear your sun protection and make sure to hydrate.



Ask permission before getting in the water.

## LITTLE FLOATER'S LOYALTY PROGRAM

### Save as your Float experience continues

You and your child's goals and expectations are very important to us. Every child learns at their own pace. It may take several sessions of the Little Floaters Swim Lessons to become more proficient with the recovery float and breath control. Your child's progress will help determine if any continued training sessions are needed to achieve their survival safety skills.

Your instructor will assist you with evaluating and recommending further training.

As a benefit for being a part of this important program, and to assist your child's journey to safety around water, Float participants will receive special reduced pricing.

### LITTLE FLOATERS

After your child has taken one Little Floaters session, you will receive 50% off of the cost of the next session, and 25% off of any additional sessions after that.

### YMCA of Bristol PRIVATE & BUDDY LESSONS

Private and Buddy lessons are available at a 25% discount for all Float participants.

### YMCA MEMBERSHIP

Join the YMCA of Bristol, and Float participants will have their joining fee waived (\$30 value).



**YMCA of Bristol: 400 Martin Luther King Jr. Blvd., Bristol, TN 37620**

# 2023 Swim Lessons

Thank you for trusting us to teach your child lifesaving skills! Once your child has learned basic swim skills, it's important to maintain those newly learned skills, as well as, develop new ones.

The YMCA of Bristol has a variety of lessons to accommodate your child's ever changing needs. We offer Group, Private, Buddy, and Diverse Ability swim lessons

## GROUP SWIM LESSONS

The YMCA Group Swim Lesson program includes Parent/Child and individuals 3 - 12 year olds. We teach children to be safer in and around the water. We create a safe learning environment where confidence, trust and positive relationships are built. Swimming lessons at the Y positively contributes to a child's physical and mental well-being, which transfers outside the pool area as well.



## PRIVATE & BUDDY SWIM LESSONS

Private & Semi-Private "Buddy" Swim Lessons provide participants with individual instruction from one of our certified instructors. Lessons can give focused and specific instruction at an individual's own pace. Instructors encourage participants to practice skills learned through our program to help improve swimming ability and safety in the water. Participants must be 3+ years old.

## DIFFERING ABILITIES SWIM LESSONS

These are one on one swim lessons for youth with diverse abilities. The program is aimed at helping children 3+ years of age with both physical and mental disabilities, gain confidence in the water as well as learn valuable water safety skills.



## Free Swim Assessments

As your child grows and changes; they may not remember what they previously learned months ago. If you aren't sure what swim skills your child remembers, or what is the best next step for them is for swim lessons, contact the Aquatics Office to schedule a free assessment.

## Financial Assistance

We believe everyone deserves an opportunity to learn. The YMCA of Bristol offers financial assistance to those who might otherwise not be able to afford program fees. Stop by Member Services today to talk to a staff member about our payment options.

## Gift Certificates

Your gift will provide a skill that could save a life, and last a lifetime. Gift Certificates are available at our Member Services Desk.

