

Dear Parents,

This flyer is designed to help guide you and your child through the YMCA swim Lesson experience and to give you a better understanding of what to expect along the way. Please let us know if we can answer any questions or if we can be of help in any way.

Our aquatic staff hopes that your child will enjoy participating in swim lessons and will learn and grow.

We expect each child to learn and progress at his/her own rate. Therefore, do not be discouraged if your child does not complete all of the skills within his/her level during one session. Your child needs to know that it is acceptable to take as much time as is necessary to master the skills.

The purpose of the YMCA Swim Lesson Program is to develop competency in swimming along with confidence and endurance. A child is advanced to the next level **only** when he/she can proficiently and safely perform the skills within his/her current level. Progress reports are handed out on the 7th week of lessons.

Thank you for taking an important step in providing your child with a life-long love of swimming and a life-saving skill.

Colleen Herzog
Aquatics Program Leader

Guiding You Through The Lesson Process

- It is very important to be on time for your class. The beginning is often the most important part of class.
- Use the rest room before class begins. Life-guards and instructors are not allowed to accompany children into the bathrooms.
- Parents are asked not to permit their children in the Sauna or Steam Room. You must be at least 17 years of age to use the steam room or sauna.
- Parents of children twelve and under must stay in the building while their child is in lessons. Twelve year olds may be in the building independently after the completion of a Youth Orientation.
- Cameras or picture-taking is not allowed for the privacy of our participants.
- Parents are asked to wait in the locker rooms or Therapy Center until the instructor comes to get the class.
- There is a viewing lounge so parents may observe children during swim lessons. Parents are asked not to stay on pool deck during lessons unless invited by the instructor. This is to help your child be more independent during lessons and avoid pool deck distractions for aquatics staff.
- When lessons are completed, parents need to meet their child in the locker room
- Proper swim attire must be worn. No cut-offs please.
- Gum, candy, food, and drinks in glass containers are not allowed on the pool deck.
- No one is allowed in the pool with any contagious diseases, open wounds or skin diseases

To view a list of classes and times please visit our Aquatics page at www.ymcatrivalley.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIMMING LESSONS



Oneida Family YMCA
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Oneida, NY 13421

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Pre-School Classes (Ages 6 months - 5 years)

Shrimp: For children 6 months to three years. Children are accompanied by an adult. Children who are not potty trained must wear a swim diaper.



Pike: Children must be at least three years of age by the first day of the session to enroll.

Designed for new swimmers, children will learn to float, perform basic swimming and kicking skills, and work on putting their faces in the water.



pike

Eel level: Ages four or five with swimming experience and can swim independently without floatation for a short distance. Can jump off the side without assistance and submerge their head under water. Children will learn basic stroke technique on their fronts and backs.



eel

Ray/Starfish level: Age five and closer to six who can swim independently for a longer distance. Student must put their face in the water and jump



starfish

into the deep end of the pool and return to the side. This level also requires goggles.



rays

- Parents are asked not to advance their child to the next level without instructor or Program Leader approval.
- Please speak to the instructor or the Program Leader if you have questions about the best level for your child.

Registration Information

Lessons are run for 7 weeks on an 8 week schedule.

Registration for current participants is open:
Week #7 and Week #8 of the current session

Swim Testing and Open Enrollment for new participants:
Week #8 only

Swim Testing times:
Mon 4:00-5:00pm
Wed 4:00-5:00pm
Sat 9:00-11:00pm
*or by appointment.

- Registration is available at the front desk or over the phone
- No online registration is available for swim lessons due to the requirement
- We do our best to accommodate as many children into classes as possible, but at times, children do stay on waiting lists throughout the session, please register early to avoid being closed out.

\$10 late registration fee applies to each child once lessons begin.



Youth Classes (Ages 6 - 14 years)

Polliwog: Children must be age 6 by the beginning of the session to enter youth levels. This level is designed for beginner swimmers that are just starting to learn basic swimming skills and stroke technique. Children must be able to jump in the deep end of the pool and swim 25 yards to move past this level.



polliwogs

Guppy: Children will be swimming full lengths of the pool. They are introduced to front and back crawls, and the elementary backstroke. They will also learn to swim underwater, perform surface dives, and tread water.



guppies

Minnow: Children will learn more advanced stroke technique for the front and back crawls and be introduced to the breaststroke and side-stroke. They will be conditioned to swim full laps in the pool, and must perform five strokes for at least 50 yards to move up.



minnows

Fish/Flying Fish/Shark: These are the most advanced level that we offer outside of swim team, and are taught together.



fish



flying fish

Children will be swimming continuous laps of various strokes, and be introduced to the butterfly stroke and flip turns. Based on the interest of the students, they may learn more advanced safety skills and some basic lifeguarding techniques.



shark