



YMCA of the Sandhills Learn-to-Swim Program FAQ's

THE YMCA OF THE SANDHILLS LEARN-TO-SWIM PROGRAM

At the YMCA of the Sandhills we are dedicated to teaching high quality, engaging swim skills that last a lifetime. Through a time-tested curriculum and mission-driven instruction, students gain confidence to unlock their potential, all while focusing on fun and safety. Lifelong success for the leaders of tomorrow.

WHAT ARE THE BENEFITS OF LONGEVITY ON LEARNING?

There are many benefits to longevity in a learn-to-swim program. Learning to swim proficiently and effectively is just as complex and challenging as learning any other activity - martial arts, piano, etc. Repetition and consistency are the most controllable and impactful factors to learning a new activity. The longer students participate in lessons continuously, the more proficient they become.

DOES MY CHILD HAVE TO HAVE AN ACTIVE MEMBERSHIP TO PARTICIPATE IN THIS PROGRAM?

No. You are not required to have an active membership to participate in this program. Members do enjoy a lower cost for programming which is one of the many membership benefits. Other benefits include, access to the wellness center, sauna, playground, and pavilion, participation in fitness classes, and even use of the pool for recreation and skill practice.

WHEN IS THE FALL 2022 SESSION?

Program Type	Student:Coach Ratio	Session Dates	Days	Class Length	Total # of Classes	Total Cost
Group	4:1	Sep 12 - Dec 8 (No classes Nov 21-26)	M/W or T/Th	30 minutes	24	Members: \$171 Non-Mem: \$291
Private	1:1	Sep 17 – Dec 10 (No class Nov 26)	Saturdays		12	Members: \$312 Non-Mem: \$372

When students are enrolled, their spot in their class is reserved for them for the duration of the session. To end lessons earlier than the session end date please refer to the cancellation policy.

WILL I HAVE TO PAY THE FULL SESSION AT THE TIME OF REGISTRATION?

Program registration fees are paid in increments of (8) lessons at a time per swimmer with the first payment due upon registration. This secures the swimmer's spot in class for the duration of the session. The remaining balance is due on the scheduled dates listed for that session.

A swimmer's reservation in class may be forfeited and filled with a waitlisted participant if the final payment is not received within 3 days of the due date.

WHAT IF WE CAN'T FINISH THE SESSION (CANCELLATION POLICY)?

Because swimmers learn best through repetition and consistency students are enrolled for the full session. However, we do understand that life happens. A **written cancellation** notice must be submitted to the Aquatic Director **7 days or more before the next bill date.**

ARE REFUNDS AND/OR MAKE-UP CLASSES AVAILABLE FOR CLASS ABSENCES?

Make-up lessons and refunds are NOT AVAILABLE for class absences, so we encourage participants to attend all lessons. Class cancellations are a last resort and typically due to an unexpected maintenance or

staffing issue. A make-up lesson will be scheduled for any class **canceled by the YMCA**. Friday mornings/afternoons/evenings are reserved for such events.

THE CLASS DAY AND TIME I NEED IS AT CAPACITY. IS THERE A WAITLIST?

Yes, we do use a waitlist when classes reach capacity during registration. When a spot opens on an active roster, the Aquatic Team will contact potential students in the order in which they were added. Waitlisted students can be added to an open spot anytime into the session. If your swimmer is added to the active roster after the session has started, your program fees may be prorated. The deadline to be added to the waitlist is the last registration date for the session.

CAN I SWITCH MY CHILD'S SWIM LESSON SCHEDULE MID-SESSION?

Sure! If there is a spot open in your swimmer's current swim stage on another day and time, a participant may switch to that open spot anytime during the session with the Aquatic Director's approval. Keep in mind the YMCA of the Sandhills Learn-to-Swim program is in high demand, so open spots may not be available. We suggest choosing a schedule you know will work for your family for the full session before registering. To initiate a change, email the Aquatic Director with your concerns.

HOW WILL MY CHILD'S SKILLS PROGRESS WITHOUT CHANGING LEVELS?

In every lesson participants build on the skills learned from prior lessons. Instructors use these foundation skills to develop new skills, each based on participant's individual performance and readiness. Because the curriculum is a continuum, swimmers are introduced to new skills as they master the previous foundation skill - even if that next skill is in the next stage. This allows our students to progress with comfort at their own pace. Feel free to ask your swimmer's instructor for skills that you can practice at home.

HOW DO I KNOW WHAT MY SWIMMER IS LEARNING?

YMCA Swim Instructors keep a record of the skills each swimmer has been introduced to and each skill that has been mastered. Mastery is accomplished by executing a skill correctly with multiple repetitions, without instruction, prompting, or reminders over a period of time. Inconsistent execution of a skill simply means the brain is still building muscle memory, and the student needs more time to solidify the execution. If at any time you would like more information on specific skills your swimmer is working on, please contact the Aquatic Director.

HOW DO I KNOW WHAT STAGE TO RE-ENROLL MY SWIMMER IN FOR THE NEXT SESSION?

Currently enrolled students will receive a Stage Recommendation Card from their Coach before the next registration opens. The YMCA Swim Lesson curriculum is progressive which means each skill builds upon the previous using a part-to-whole method for learning. If your swimmer's coach recommends continuing in the current stage it means your swimmer has not yet mastered all the foundation skills necessary to move on. Students cannot officially progress to the next stage until all skills in the current stage have been mastered.

CAN MY SWIMMER PRACTICE BEFORE OR AFTER CLASS?

It is best if swimmers refrain from swimming recreationally or for practice before their class to ensure they have the stamina and energy required to participate fully. Swimming afterwards is permitted for YMCA members only. All YMCA supervision and safety guidelines must be adhered to for recreational swimmers. Non-members may not use the facility outside of class unless a day pass has been purchased.

WHAT EQUIPMENT, SUPPLIES, OR APPAREL DOES MY SWIMMER NEED?

YES	Proper swim suit	Eye goggles	Hair tied back	REUSABLE SWIM DIAPERS!!
NO	Full face masks	Jewelry	Floatation devices	Regular diapers

ALL SWIMMERS WHO ARE NOT FULLY POTTY TRAINED MUST WEAR A REUSABLE SWIM DIAPER WHILE IN OUR POOL. Regular diapers are prohibited from our water.