



YMCA of the Sandhills Swim Lesson Program FAQ's

THE YMCA OF THE SANDHILLS SWIM LESSON 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, swimmers gain confidence to unlock their potential, all while focusing on fun and safety. Lifelong success for the leaders of tomorrow.

WHY CONTINUE SESSION BY SESSION?

There are many benefits to longevity in a learn-to-swim program. Learning to swim proficiently and effectively is as complex and challenging as learning any other activity - martial arts, gymnastics, piano, violin, reading, writing, etc. Research has shown repetition and consistency to be the most controllable and impactful factors to learning a new activity. The longer swimmers participate in lessons continuously, the more proficient they become.

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. Your swimmer's coach can provide specific information regarding your swimmers' progress.

HOW WILL MY SWIMMER PROGRESS?

In every lesson participants build on the skills learned from prior lessons. Instructors use these foundation skills to develop new skills, each based on a 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 the skill is in the next stage. This allows our swimmers to progress with comfort at their own pace. Want faster progress? Register for multiple classes per week!

WHEN IS MY SWIMMER FINISHED WITH THE PROGRAM?

The YMCA Swim Lesson program builds efficient swimmers in the four competitive strokes and two resting strokes creating a variety of abilities. We highly recommend swimmers attend swim classes until **they can masterfully swim 300 yards continuously** using one or more of the following strokes proficiently: freestyle, backstroke, breaststroke, elementary backstroke, and/or sidestroke. A swimmer with this high level skill has an increased chance of survival in any water emergency in any body of water.

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

Non-members are always welcome! Swimmers are not required to have an active membership to participate in this program. We do encourage participants to have an active membership as there are so many great benefits, such as lower program fees, access to the wellness center, participation in fitness classes, and even use of the pool for recreation and skill practice.

HOW DO I REGISTER MY SWIMMER?

Registration can be completed online or in person at the branch. Online access can be found at our website: ymcaofthesandhills.org. Infants ages 6-11 months must be registered in person at the branch.

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

Yes, we utilize a waitlist when classes reach capacity during registration. When a spot opens on an active roster, the Aquatic Team will contact waitlisted swimmers in the order in which they were added to the list based on date and time stamps. Waitlisted students can be added throughout 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 day of registration for the session.

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

Of course! 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. Keep in mind the YMCA of the Sandhills Swim Lesson program is in high demand. Open spots may not be available. We strongly suggest choosing a schedule you know will work for your family for the full session before registering because transfers to other classes may not be available once the session starts. To initiate a change, email the Aquatic Department with your concerns at saleebyaquatics@ymcaofthesandhills.org or fayettevilleaquatics@ymcaofthesandhills.org

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

Make-up lessons, credits, and/or refunds are NOT AVAILABLE for class absences, so we encourage participants to attend all lessons.

WHAT IF MY SWIMMER'S CLASS IS CANCELLED?

Class cancellations are a last resort and typically due to an unexpected maintenance or staffing issue. Classes cancelled by the YMCA for any reason will be provided either a make-up lesson or a system credit to the YMCA account at the discretion of the YMCA. Friday mornings/afternoons/evenings are reserved for make-up lessons.

WHAT IF WE CAN'T FINISH THE SESSION?

Because swimmers learn best through repetition and consistency over time we strongly recommend committing to the full session. However, we do understand that life sometimes happens. Please reach out to the Aquatic Department for any special situations that arise that may hinder your swimmer's ability to complete the session. The YMCA of the Sandhills will help find a solution that is reasonable and works for your family.

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

Your swimmer's Coach will provide you with a Stage Recommendation Card the week prior to registration opening for the next swim lesson session. 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.

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

Swimmers are only required to have a proper swim suit to wear during lessons. However, a good pair of goggles that covers just the eyes is highly recommended (full face masks are not permitted). Additional equipment might be suggested depending on your swimmer's stage and the skills he/she is working on. Swim Instructors often ask participants to invest in fins and/or swim caps. For safety reasons, jewelry is not allowed to be worn and longer hair must be tied back. Don't forget to bring a towel and maybe a change of clothes. **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.**