



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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Aquatic Frequently Asked Questions

Q: Where do I check in with my instructor?

A: Instructors will meet parents/ students at the table to the left of the Aquatics Office. Program members will present their registration card to the instructor. Please make sure to check in with instructors for attendance. If you are unsure who your instructor is, Nicole or the Deck Supervisor can assist you. There will also be signs around the pool for where class will be held.

Q: What do I need to bring for swimming class?

A: All participants must wear a bathing suit and shower prior to class. Rash guards are also acceptable to wear over the top of the suit. In order to maintain aquatic safety, please refrain from wearing any cotton materials or heavy weight items. Microfiber is acceptable.

Q: Does my child need a swim cap for long hair?

A: Swim caps help keep hair back out of the face, however they are not required. Long hair must be pulled back into a ponytail when in class. This will allow for students to maneuver easier in the water.

Q: What if my child isn't potty trained?

A: All children who are not potty trained must wear swimmer diapers. Regular diapers inflate and can break apart in the pool.

Q: Where can my child get changed? Is there a place to put our towels/belongings?

A: There are locker rooms located at the end of the pool deck or changing stalls located on the pool deck. There are cubbies located on the other side of the changing stalls. If you use a locker in the locker room, please lock all valuables up or bring your personal items with you.

Q: Where can I view my child's lesson?

A: There is seating located on the pool deck for parents to view lessons; parents can also view their child through our observation windows in the hallway. We ask that parents refrain from standing on the pool deck near the first aid station or around the staff's area; in case of emergency the lifeguards need easy access this area.

Q: What type of floatation should my child use, if they cannot swim on their own?

A: Instructors use "bubbles" (IFDs) to help children who cannot swim on their own. Our bubbles come in different sizes ranging from a 1 bubble for experienced swimmers to a 3 bubble for beginners. As swimmers become more independent, instructors will use less floatation eventually leading to none.

Q: What happens if my child misses a class?

A: If your child misses a class due to illness/ injury more than 3 times, a doctor's note must be presented. Refunds/ credits will not be issued for missed classes unless the cancellation is due to weather, maintenance, or emergency related closings. The Aquatics Department will make every effort to offer make up classes for weather, maintenance, or emergency related closings.

Q: What if my child is not in the correct stage?

A: We offer swim evaluations year round for students to be placed into the proper stage. Parents who opt to enroll their child without an evaluation may need to be transferred based on skills. Instructors will notify the parent on the first lesson and you may transfer at the member service desk to the correct stage.

Q: Why is the pool closed during thunderstorms?

A: Pools are connected to electrical equipment such as pumps and filters that can conduct charges from lightning strikes, even if the strike is outside the building. Because of this danger, the National Weather Service recommends that both outdoor and indoor pools be cleared during storms. We ask all members to exit the pool area and change in the locker rooms.

Q: How long will the pool remain closed for?

A: The pool will close for 30 minutes after the last lightning or thunder is seen or heard.

Q: What are the class ratios?

A: The Swim Starters class ratios are 10 students/parent pairs to 1 instructor. In the Swim Basics program (Stages 1 - 3), there are 6 students to 1 instructor. The Swim Strokes program (Stages 4 - 6) ratio is 8 students to 1 instructor.

Q: Why do the instructors use the equipment/lesson guides?

A: Instructors will use the equipment to help students build new skills. The YMCA designed curriculum follows a structured progression. You will see a variety of tools used to enhance learning for all students. The design is group focused and using equipment allows all students to be engaged simultaneously.

Q: Can my child stay in the pool and swim after class?

A: Children who are facility members may use the pool after their class is done. However, children must be 9 years old to swim without a parent. Children 8 and under must have a parent in the pool with them. Parents must be within an arms length if their child is a weak swimmer or wearing floatation.

Q: How do I know what to register my child for once the session is done?

A: Instructors will update you throughout the session with your child's progress. You will receive a mid-session report with the level they will be in and the skills they are working towards or have completed.

Please see Nicole, Aquatics Director, if you have any other questions. You can contact Nicole at 609.581.9622 ext. 128 or nbizuga@hamiltonymca.org.

