



General Procedures

- You must acknowledge the COVID Facility waiver on our website prior to arriving. I have reattached the how to and it is accessible now. [Click here to sign.](#)
- Lessons will run for 40 minutes. If you arrive late for class, your time will still end on the 40 as we follow a strict reservation system in line with membership.
- Please arrive 10 minutes prior to your scheduled time, with yourself and your swimmer dressed and ready to swim.
- Parents/Guardians and swimmers must wear a face-covering while checking-in, on the pool deck, and when transitioning to and from the pool through the common areas. (Face masks must be removed when swimming.)
- All YMCA members and program participants must check in at the membership check-in area. Upon entry, both participants and their parent/guardian will be asked to review and verbally respond to our COVID-19 symptom assessment and will undergo a temperature check. Anyone exhibiting COVID-19 symptoms will be asked to stay home.
- At this time, only one parent/guardian per child due to NJ capacities. The parent may view their child from a designated bench located on deck. Please no additional family members. Each bench is marked for social distancing. Please remain seated while the lesson takes place to avoid distraction.
- We ask that parents escort their swimmer to the pool area where they will be greeted by our Deck Ambassador who will assist in showing where to place their personal belongings in their designated space.
- Showers are required by the NJ DOH for all swimmers. Parents will escort their swimmer to the on deck shower prior to the start of class.

Parents please have on deck foot coverings for you and your swimmer. No street shoes on deck.

- At this time, no locker room access is available. Changing stalls on deck are available if needed.
- Bathroom access is located in the main lobby area. Please have swimmers use the restroom prior to arriving on the pool deck if possible.
- Cubbies are available on deck for storing personal items if needed.
- Please be mindful of social distancing while on the pool deck as well as while in the water practicing skills.
- Participants should bring their own water bottles, swim caps, goggles and towels to practice; we discourage the sharing of these items.
- All instructional equipment like kick boards, pull buoys and fins will not be available at this time per NJDOH guidelines.
- Swim instructors will be wearing a face mask and shield while teaching per CDC guidelines.
- For Parent and Child stages and Beginner Preschool age/Youth age Swim Lessons (Stage 1 Acclimation or Stage 2 Movement), instructors will be teaching from the pool deck. See below for information on how classes will be held.
- Our team is excited to see our swimmers back in the pool, but they will not be able to perform the usual high-fives and fist bumps – instead, we will practice air-high-fives, air-hugs and “throwing-love” to one another along with lots of verbal affirmations.
- We ask that parents of Teen swim lesson participants (ages 12+) drop off their swimmers in the pool area and then they may exit the facility and wait outside and/or in their vehicle.
- At the end of lessons, please meet your swimmer at the pickup area and quickly move to check-out so that our team can disinfect equipment and reset the pool for the next group session.
- In the event of inclement weather, or unexpected pool closure, we will communicate that to you via email and a credit will be issued to your

YMCA account for the amount of one swim lesson at the end of the session. This credit can be used toward future programs at the YMCA. Contact your Aquatic Director with any questions or concerns.

Parent and Child Swim Lessons

If you have signed up for Parent & Child, Beginner Preschool age/Youth age Swim Lessons (Stage 1 Acclimation or Stage 2 Movement), a responsible parent/guardian must be prepared to participate in the water to support your child.

- We ask that only one parent accompanies the child for swim lessons.
- Our staff will provide instruction on how to safely hold and support your child in the water.
- It is important for the in-water participating parent/guardian to feel comfortable in water that is chest-deep, and that they are able to physically support their child in the water.
- For families with multiple children in the same swim lesson, an additional guardian/parent may be brought for in-water participation. One parent/guardian may support up to 2 swimmers, so long as all participants can do so safely.
- If the family has additional children who are not registered for the program, they must be in the care of another responsible adult, and they must remain outside of the pool/YMCA.
- One additional adult may view from the pool deck to assist with the transition out of the water.

Your child will be more successful if swim lessons are a fun experience! Parent/Guardians should encourage their child to do their best and have fun! Parent/Guardians should place emphasis on positive behaviors and achievements and it is helpful for the parent/guardian to enjoy the process too!

We know this is a new, and different way of teaching swimming lessons, however we are hopeful that this program will create a fun, nurturing opportunity for families to bond while learning safety around water!

If you have any questions or concerns, please speak with your swim instructor.