



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



STRONG SWIMMERS CONFIDENT KIDS

Aquatic Parent Handbook
PENINSULA METROPOLITAN YMCA

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peninsulaymca.org



WELCOME

Our swim lesson program focus is to keep kids safe in and around the water. Our swim lesson stages emphasize the true progression of swimming with a sense of achievement throughout the stages.

As "America's Swim Instructor," our lessons allow us to keep doing what we've been doing great and build upon it to really make us better as the leading provider of aquatics in our community.

The YMCA swim lessons accommodate students' varying abilities and help foster a sense of achievement as swimmers progress between levels. Our approach allows advanced swimmers to flow more easily to higher levels while swimmers who need more instruction can learn at their own pace. The results are more confident swimmers who stick with lessons and develop a love for swimming that can last a lifetime.

A swimmer is advanced when he or she can proficiently and safely perform the skills within his or her level. Everyone learns and progresses at their own rate and therefore may be recommended for re-enrollment in the same level before progressing to the next level.

The YMCA welcomes your input. If you have questions, comments, or concerns, the instructor will be glad to talk with you before or after your child's class. You may also direct questions to the Aquatics Director or Associate Aquatics Director.

YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

WHICH STAGE IS THE STUDENT READY FOR?



6 months–3 years

PARENT* & CHILD SWIM STARTERS:
STAGES A–B

This category focuses on developing swim readiness skills through fun and confidence-building experiences. Parents also learn how to supervise children in the water, how to prevent accidents, and how to plan for emergencies.

Can the student respond to verbal cues and jump on land?

NOT YET **A / WATER DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET **B / WATER EXPLORATION**



3 years–5 years

PRESCHOOL & YOUTH SWIM BASICS:
STAGES 1–4

This category develops personal water safety and basic swimming skills in students of all ages. Swimmers develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety and exit if they fall into a body of water.

Will the student go underwater voluntarily?

NOT YET **1 / WATER ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET **2 / WATER MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET **3 / WATER STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET **4 / STROKE INTRODUCTION**

*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



5 years–adult

YOUTH, TEEN & ADULT SWIM STROKES:

STAGES 1–6 (All age groups are taught the same skills but divided according to their developmental milestones.)

Introduces and refines stroke technique in school-age, teen, and adult students. Having mastered the fundamentals, students learn water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Will the student go underwater voluntarily?

NOT YET **1 / WATER ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET **2 / WATER MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET **3 / WATER STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET **4 / STROKE INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET **5 / STROKE DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET **6 / STROKE MECHANICS**

1 / Water Acclimation Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

2 / Water Movement Encourages forward movement in water and basic self-rescue skills performed independently.

3 / Water Stamina Develops intermediate self-rescue skills performed at longer distances than in previous stages.

4 / Stroke Introduction Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

5 / Stroke Development Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke.

6 / Stroke Mechanics Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

LET'S GET STARTED!

Important information for safety and success in class.

- For the first class of the session, arrive 10 minutes before the scheduled class time so you and your child can meet the instructor. For subsequent classes, arrive at least 5 minutes before class begins so your child is on time for important warm-up exercises.
- Please have your child sit or wait at the assigned gathering area until the instructor calls them to the pool's edge.
- Youth 9 years and under who do not pass the pool use swim test must have in-water supervision by a parent or legal guardian 18 years or older.
- Youth 9 years and under who pass the pool use swim test must have a parent or legal guardian supervise them from the pool deck.
- Please sit away from your child's class while observing; this helps them remain focused on the lesson and the instructor.
- Children may use the Youth or Family Locker Rooms. Children under 18 are not permitted in the Adult Locker Rooms.
- Food and drinks are not permitted in the pool area.
- Children who are not toilet trained must wear a swim diaper.
- If the pool closes due to contamination, the time period for reopening is based on how severe the contamination is and the readjustment time needed for the chemicals in the pool.
- Children will receive a mid-session progress report and a certificate on the last day of class.
- Instructors advance children to the next level or recommend re-enrollment in the same level since the classes are progressive. The average child participates in a level a minimum of 4 times, usually because young children's bodies are not developmentally ready to move on.
- If a child is misbehaving during class, a warning will be given. If behavior does not improve, the child will be asked to sit out for a few minutes. If these steps did not assist the child in better behavior, he or she will be removed from the lesson for the time remaining.
- When taking pictures or video, only capture your child and not other children. If you would like a picture or video of your child with the instructor, ask the instructor if they mind being photographed or videotaped.

If your child is interested in taking the pool-use swim test, please speak to a lifeguard. Requirements are: swimming front crawl or breast stroke with face in the water one length of the pool, and treading water for 1 minute.

FOR EVERYONE'S SAFETY

YMCA Pool Rules

Aquatic staff are on the deck for your safety and must enforce pool rules.

Y members and guests who are not able to comply with the following safety guidelines will be asked to leave the pool area.

1. Swimming is permitted when lifeguard is on duty.
2. The pool must be cleared immediately when one long whistle blast is heard.
3. Please shower before entering the pool.
4. If you have an infectious or communicable disease or open sore, please do not enter the pool.
5. Walk, do not run, to avoid injury.
6. Chewing gum, food, drinks, and glass containers are not permitted in the pool area.
7. For your safety, diving in water less than 9 feet in depth is not permitted.
8. Horseplay is a major cause of pool injuries. Aquatic staff will ask you to refrain from pushing, dunking, spitting, chicken fights, or any type of horseplay in the pool area.
9. Please do not hang or sit on the lane lines.
10. Proper bathing attire must be worn at all times while using the pool. Cutoffs or disposable diapers are not permitted in the pool. Children who are not toilet trained must wear swim diapers.
11. For your safety, do not perform back-flips, back-dives, twists or any type of flip that may cause injury to yourself or others.
12. Circle-swim etiquette will be used when two or more swimmers choose to share a lane.
13. The pool will close at the sound of thunder or sight of lightning. Pool will reopen 15 minutes after the last sound of thunder or sight of lightning.
14. Youth 5 years and younger, and youth ages 6 through 9 years of age, who do not pass the swim test, must have in-water supervision, within arms reach, by a parent or legal guardian 18 years of age or older.
15. Youth ages 6 through 9 years, who have passed the swim test, must be supervised by a parent or legal guardian 18 years or older within the pool area at all times.
16. Non swimmers using approved flotation devices must stay in the shallow end of the pool, even if accompanied by an adult.
17. Inflatable pool toys and flotation devices are not permitted. Recreational equipment will be permitted at the discretion of the aquatic staff.
18. Extended breath-holding activities may cause blackouts and, therefore, are not permitted.

CANCELLATION POLICY

Class Cancellation

If a lesson is cancelled by the Y for pool closure due to contamination, storm, etc., the lesson will be made up if the schedule allows. If the lesson is unable to be made up, a program credit will be given for that lesson to use toward another program of your choice. There must be a minimum of 3 participants registered for the class to be held.

Medical Cancellation

If you have to miss lessons due to a medical or family emergency, a refund or credit for the unused portion of the program will be offered with the proof of a doctor's note.

Personal Cancellation

If you miss a lesson for any other reason (vacation, illness, prior commitment, etc.), a credit or refund will not be offered and you may not come to a different class to make up the missed class unless approved by the Aquatics Director or the Associate Aquatics Director.



Drowning is the second-leading cause of accidental death among children in the state of Virginia.

SAFETY AROUND WATER FAMILY PLEDGE

- We will always watch children around water.
- We will stay within arm's reach of young children in the water.
- We will swim near a lifeguard.
- We will reach or throw, not go, to help a swimmer who is in trouble.
- We will learn CPR.
- We will enroll children in swim lessons.

SAFETY AROUND WATER

SECOND GRADE LEARN TO SWIM

Impacting Lives Through Drowning Prevention

Our service area consists of 989 square miles of water, this does not take into account the number of pools that our children have access to.

- 3 kids die every day from drowning
- Drowning is the 2nd leading cause of death for kids ages 5-14
- Drowning is the 2nd leading cause of accidental death among children in the state of Virginia
- For every child who dies from drowning, another five receive Emergency Department care for nonfatal submersion injuries
- Children ages 5-14 most often drown in swimming pools and open water
- 58% of parents do not consider drowning a threat to their children
- 88% of kids who drown do so under parent supervision
- 60% of kids who drown, do so within 10 feet of safety

To help reduce these dreadful statistics, the Peninsula Metropolitan YMCA's Endowment Fund has pledged to offer free water safety classes for all second graders in our service area. There are over 7,000 second graders living within our service area; our goal is for every second grader to have the opportunity to learn to swim by 2020.

In Safety Around Water, children learn what to do if they find themselves in the water unexpectedly.

- They learn fundamental water safety skills that include the concepts of reach, throw, don't go; CPR, and what to look for in a safe place to swim.
- Jump/Push/Turn/Grab teaches a child to push off the bottom of the pool as they are submerging to get back up to the surface while turning to grab the side of the pool.
- Swim/Float/Swim teaches children to swim a short distance on their front, roll over onto their back to rest, and then roll on their front to continue swimming to safety.

All Peninsula YMCAs, even those without pools, offer the Safety Around Water, Second Grade Learn to Swim program. We work together with schools and school systems to ensure that all second graders have the opportunity to learn to swim. Contact your local Y to learn how to get your school involved.

Teaching children to be safe around water is just as important as teaching them to how to properly cross the street. As an organization dedicated to creating safe spaces for all, the Y has committed to teaching free water safety classes for every second grader every year. This is a Mission Program funded through the YMCA Endowment Fund.

To learn more please contact, Adam Klutts, CEO, 757-223-7925 x203.

LIVE HEALTHY EVERY DAY



FIVE SERVINGS of fruits and vegetables each day

provides children the nutrients needed to live healthy every day. Encourage your family to eat more fruits and vegetables by serving them often. Children who see their family members eat fruits and vegetables tend to eat them also.

TWO HOURS or less of screen time daily

provides children the opportunity to move more and live healthy every day. Television, video games, smart phones and computers are part of our lives and can help children learn. But too much screen time can be unhealthy.

ONE HOUR or more of physical activity each day

helps children live healthy every day. Physical activity helps decrease stress, improves sleep, makes bones and muscles stronger, and helps children feel good.

ZERO sugary drinks

help children live healthy every day. Sweetened sodas, fruit punch, and sports and energy drinks contain a lot of added sugar. Too many sugar-sweetened drinks can lead to problems such as dental cavities and unwanted weight gain.

At the Y, we're committed to children's healthy development and well-being. We want to make it easier for busy families to eat well and get plenty of physical activity so they never have to face preventable life-threatening diseases like diabetes and heart disease.

5210 education is provided in all YMCA School-Age Child Care and Preschool Child Development programs. It helps children to learn about healthy eating and exercise, redirect excessive "screen time," and select healthier drinks.

Aspects of 5210 are incorporated into a variety of Y programs such as swim lessons, Youth Super Sports, Child Watch, First Tee, and Summer Camp. And, because we want to model good habits to our kids, even our vending choices are healthy ones. We hope you join us in making healthy choices for your family.

PENINSULA METROPOLITAN YMCA Pool Locations

HAMPTON FAMILY YMCA

1 YMCA Way
Hampton, VA 23669
757 722 9044

LUTER FAMILY YMCA

259 James Street
Smithfield, VA 23430
757 365 4060

TOM & ANN HUNNICUTT FAMILY YMCA

7827 Warwick Boulevard
Newport News, VA 23607
757 245 0047

NORTHERN NECK FAMILY YMCA

458 Harris Road
Kilmarnock, VA 22482 &
3989 White Chapel Road
Lancaster, VA 22503
804 435 0223

NORTHUMBERLAND FAMILY YMCA

6348 Northumberland Highway
Heathsville, VA 22473
804 580 8901

R.F. WILKINSON FAMILY YMCA

301 Sentara Circle
Williamsburg, VA 23188
757 229 9622

VICTORY FAMILY YMCA

101 Long Green Boulevard
Yorktown, VA 23693
757 867 3300



All YMCA locations offer Safety Around Water and most offer swim lessons in cooperation with neighborhood partners. For information about swim lessons in your neighborhood, use the Program Search feature on our website.

[peninsulaymca.org/
our-programs/search/](https://peninsulaymca.org/our-programs/search/)