

POOL GUIDELINES

- Swim only when a lifeguard is on duty.
 - **When the whistle blows, look to a lifeguard immediately.**
 - Enter and exit slowly.
 - Feet first entry only (NO DIVING).
 - Flips, spins or back dives are not permitted
 - Please shower before entering pool or hot tub.
 - Children wearing Coast Guard approved flotation devices or any flotation aid (floatbelts) and non-swimmers must be within a couple seconds of parent/guardian reaction time.
 - Children wearing floatation devices will be asked to stay where they can stand and will not be allowed in the deep end unless accompanied by a parent/guardian. (Water wings, inflatable tubes, etc. are not permitted).
 - A parent/guardian must be supervising his/her child (9 years and younger) at all times.
 - Children 10–12 years may use pool ONLY IF a responsible adult is in the building AND the child has passed the YMCA swim test.
- Swimmers must wear appropriate swim wear (i.e. swim suits) Swimmers may wear shorts and/or shirts over swimsuit. However, no cut-offs, jeans or sports bras allowed.
 - Persons with open wounds, sores, cuts or blisters are not permitted in the pool.
 - Children not potty trained must wear a swim diaper or plastic swim pants (disposable diapers are not permitted).
 - Hanging on lane lines or safety ropes is not permitted.
 - Please use appropriate changing facilities (on deck changing of any age is prohibited).
 - Running, horse play, pushing, carrying people on shoulders or dunking is prohibited in the pool area.

THUNDER/LIGHTNING POLICY: In case of thunder and/or lightning the pool will close for 20 minutes. If thunder and/or lightning is heard within those 20 minutes the 20 minutes starts over until there is no sign of thunder or lightning.

For swim lesson class purposes, if it looks as though children will be able to get 20 minutes of water time in, then the class will continue and no make-up day will be scheduled. However, if it is not possible for at least 20 minutes of water time, a make-up class day will be scheduled at the instructors availability.

SWIM TEST

- Jump into deep end, recover, swim 25 meters on front, and tread water 30 seconds. All must be completed to have passed the swim test.

ALBEMARLE FAMILY YMCA

1240 N. Road Street
Elizabeth City, NC 27909
P 252 334 9622 W ymcashr.org

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM FOR YOUR FUTURE

Albemarle Family YMCA Swim Lessons

Parent/Child
Preschool
School-Age
Adult
Private Lessons

Parent/Child classes are limited to 12 pairs to 1 instructor (all other classes are 6 to 1). All classes are held in the indoor pool for a more controlled environment and a lifeguard is always on duty. Parent/Child classes are available for infants 6 months to 36 months. Swim diapers must be worn by children who are not potty-trained. Preschool classes are recommended for children 3–5 and school-age classes are for ages 6–12.

Teen/adult classes are also available and are structured around the individual's needs.

Minimum registration is 3. Some classes may be cancelled/combined.

YMCA PROGRESSIVE LEVELS PRESCHOOL

Pike / Eel

For beginners to advanced beginners ages 3 to 5, who are moving toward independence in the water.

Ray/Starfish

For advanced swimmers ages 3 to 5, who have completed Eels.

SCHOOL-AGE

Polliwogs

For non-swimmers or those unable to swim 20 feet. Students are introduced to pool rules, front/back float, front/back/side paddle and finning/sculling.

Guppies

For those who have completed Polliwogs or those able to swim 20 feet. Students learn safety swim, treading skills, bobbing, strokes and wetball.

Minnow

For those who have completed Guppies or are advanced beginners able to swim 50 feet with rotary breathing, survival float for one minute, and jump in deep water and recover.

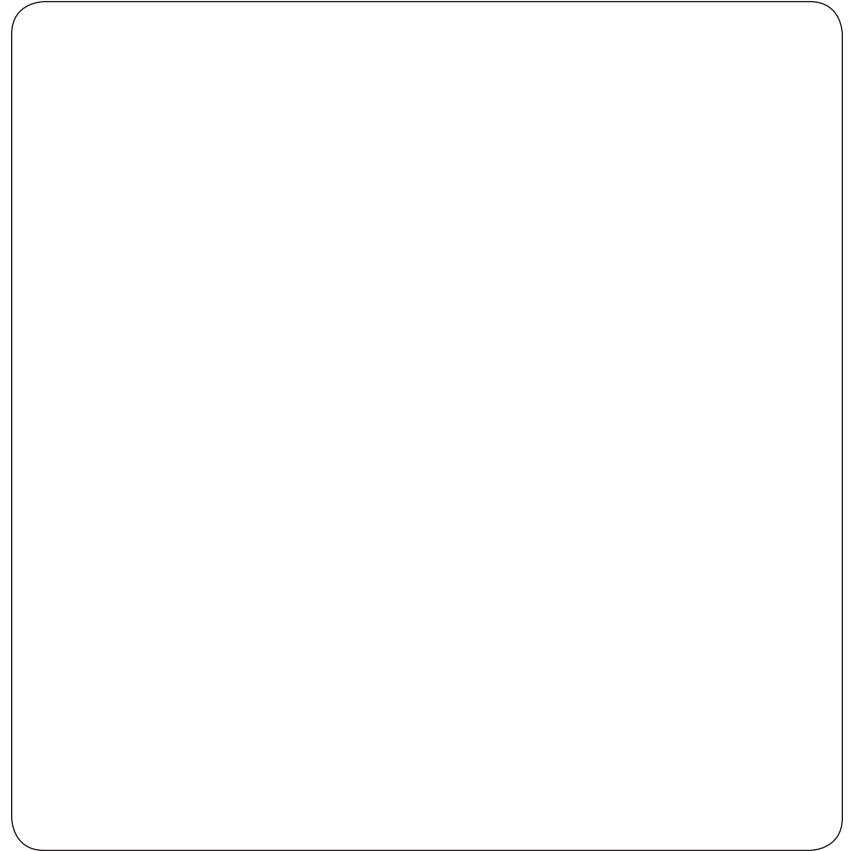
Fish

For children who are good swimmers; skin diving, basic stroke refining, and wetball. Swimming with goggles and fins is encouraged.

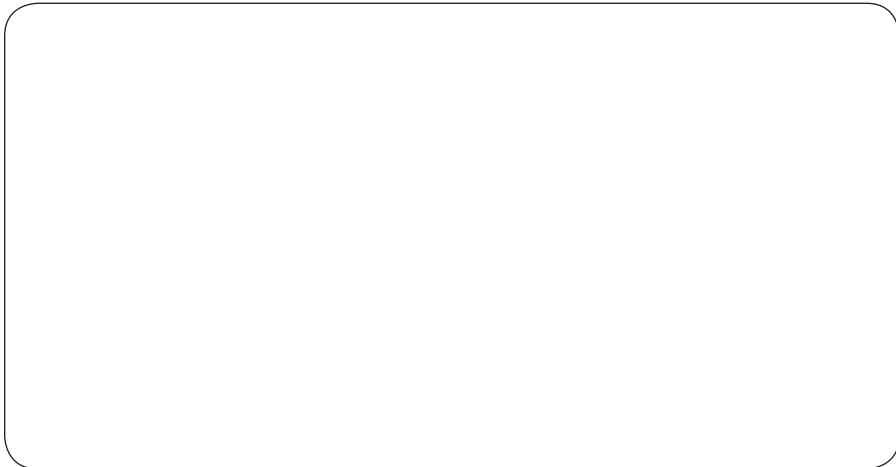
SATURDAY



TUESDAY & THURSDAY



MONDAY & WEDNESDAY



SESSION FEES

Members	\$35
Prospective Members	\$50

Registration for Prospective Members will be allowed 30 days prior to the start of class. At the end of the month we hold a Swim Lesson Celebration, during which we hand out report cards and have family fun and games in the pool

Visit www.ymcashr.org for a complete listing of all swim classes offered in 2011. Contact Member Services for more information at 252 334 9622.