



Swim Lessons at the YMCA

Helpful information for parents

Thank you for registering your child in swimming lessons at the YMCA! Don't hesitate to ask the aquatics or membership team if you have any questions.

Frequently Asked Questions

What do I need to bring for my child's first lesson?

All you need is just a swimsuit and a towel. Please arrive at least 5 minutes early so you have time to speak with the shift leader on the pool deck before your child's class starts- they can help you get to your class on time.

My child gets cold easily – can they wear something over top of their swimsuit?

There are a variety of different clothing options to help children keep warmer in the water such as a wetsuit or a swim cap. Whatever you choose, check that it doesn't restrict their ability to move their arms and legs.

Can my child wear water shoes in swim lessons?

No, water shoes make it more difficult to learn to swim and will impede their ability to kick effectively.

Can my child wear goggles?

It's not recommended to wear goggles in the beginner levels. One important water safety skill is the ability to open their eyes underwater. Once your child is swimming with their face in the water regularly, wearing goggles can help them swim for longer periods of time, as well as swim in a straight line.

For lesson where children are using goggles, ensure they are fitted correctly prior to their swim class. Adjusting goggles will take away from swimming lesson time.

When will my child get their progress cards?

Progress cards are updated every 4-6 weeks. Ask the shift leader or membership service how you can access your child's progress card online.

When do swim lessons end?

Swim lessons at the YMCA are run year round. The only times lessons are not scheduled are during the winter school break, the first week of school, and on statutory holidays.

What should I do if my child cannot attend a swim lesson?

Please leave a message with the membership services desk. If you miss three or more classes without informing us, we will assume your child no longer needs their spot and will withdraw them from their lessons. Lessons can be rejoined at any time.

Can my toddler wear a normal diaper for parent & tot swim lessons?

A swim diaper is required and is best suited for being in the water.

Who else can I ask questions about swim lessons?

During swim lesson times, there will always be a YMCA Aquatics shift leader on the pool deck. They are able to help you with:

- Finding your child's class, where to meet, or their instructor's name
- Confirming the swim level your child is registered for
- The availability of your child's progress card and when it will be updated
- Accessing your child's progress card online
- Determining if your child is being taught at the correct swim level
- Informing you what level is next for your child
- Passing along any specific learning needs to your child's swim instructor