



**FOR YOUTH DEVELOPMENT®
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WELCOME TO THE RYE Y SWIM SCHOOL!

We would like to provide you with some helpful tips for starting off the session and get you familiar with our program. Listed below are some questions you may ask use about our facility and what you should expect while being here at the Y for your child's swim lesson. Be sure to check our class descriptions posted in the viewing area, our weekly tips, and mid-session progress reports!

RYE Y SWIM LESSON Q & A

What do we bring with us to our swim lessons at the Y?

- Be sure that you have a bathing suit, swim cap, towel (s), goggles if your child needs them, and if you are in the parent and child classes, be sure to have a swim diaper! Swim caps are required for all children ages 3 and up. Goggles are highly recommended. Appropriate swim attire is required to swim in the pool. Please write your child's name on swim cap, goggles, and towel.

How do we know which pool to go to for our swim lesson?

- We have 2 pools here at the Rye Y, PA Cope pool and Brookside pool. All of our parent and child classes, preschool level classes, and some youth classes are held in the PA Cope pool. Additionally, more youth classes are also held in the Brookside pool, depending on the day and time. Upon arriving to your swim class, please check the bulletin board in the PA Cope viewing area and the bulletin board in the wet corridor leading into the Brookside pool.

Where do we wait for our swim class to begin and where are parents allowed to view the swim lesson?

- Swim Instructors will be taking attendance before every class in the PA cope viewing area or the wet corridor, depending on where your child's class is taking place. Please refer to the class location list in the viewing area or Rye Y Lobby. After attendance is taken, children will enter the pool from the viewing area/lobby, with their instructor.
- Parents must stay in the viewing area or wet corridor during the full swim class. Please make sure there is always an adult to be there for your child in case of an emergency or to use the bathroom. No parents are allowed on the pool deck while swim class is in session. If a parent is needed on deck, an aquatics staff member will come get them.

Upon completion of the swim class, where can we change our children and where are the surrounding bathrooms?

- We recommend making sure your child goes to the bathroom prior to entering the pool area. Girls and Boys Locker room are located on the second floor (access to both from the pool viewing area). All

children accompanied by parent of the same sex should use those locker rooms for bathroom and changing purposes. Special needs Family Locker Rooms are located in the wet corridor. These should only be used by parents taking the opposite sex child to the bathroom or for changing.

Where do we pick up our children after swim class?

- Children will exit into the wet corridor under the supervision of an aquatic staff member.

Are the children allowed to bring bags and shoes on deck?

- We recommend that the child only comes in with their bathing suit, towel, swim cap, goggles, and swim shoes. No Street shoes are permitted on deck.

I would like to take pictures of my child swimming to show other family members. Can we use cameras or video cameras?

- For the protection and privacy of all of our swim participants we do not allow photographs or videos to be taken during swim class.

What does a swim lesson look like at the Rye Y?

General Class Structure for Progressive Swim Lesson Program

- 5-10 minutes: Welcome, Attendance, Introductions, Safety Skills or Discussion
- 30-35 minutes: In water swim instruction
- 5 minutes: Structured Game Time/Dismissal

What is the Rye Y Swim School all about?

We are a learn-to-swim program, ensuring that every child learns the progression of each stroke, safety skills, and enjoys swimming!

The Rye Y wants to provide your child with the best water safety program available. If you have any questions or concerns you can contact Vickie Tsakmakis, Senior Director of Aquatics/Safety Vickie@ryeymca.org , or Sheila Viger Assistant Aquatics Director, sheila@viger

NEWS AT THE RYE Y

Have a birthday coming up? Why not have the parties at the Rye Y?! We offer exciting Sports, Zumba, and our the Exerzone, birthday parties run by our wonderful and engaging Rye Y Staff! If interested in having your child's birthday party here with us, contact member services at (914)967-6363.