



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Welcome to Swim Lessons at the Jackson YMCA!

We are very excited to have you swim with us this Session. We believe that learning to swim is an essential life skill, and we strive to make our lessons **accessible and affordable for ALL.**

Our three goals for Swim Lessons are:

- 1** LEARN NEW SKILLS
- 2** MAKE NEW FRIENDS
- 3** BUILD CONFIDENCE IN AND AROUND THE WATER



Helpful Information:

- Please plan on arriving at the Y 10-15 minutes before your scheduled lesson start time.
- Please bring a swim suit, towel, swim diaper (if applicable), and goggles (optional).
- If you are a Y member please check in at the front desk with your Y card when coming in for lessons.
- If you are not currently a Y member please stop at the front desk and be prepared to show your photo ID and sign in before your lesson. Please make sure you also have a current waiver on file. [You can get more information on Y membership and other programs at the front desk.](#)
- Parents are required to stay in the pool area during lessons for all children under 8 years old

All Students will learn these Bench Mark Skills for Water Safety:

Jump, Push, Turn, Grab
Swim Float Swim

Parent Child Lessons and Preschool Level 1 –3 will be in the small pool. School Age, and Teen/Adult lessons will be in the large pool. There is deck seating available in both pool areas. Lifeguards, swim instructors, and other Aquatics Staff will be available during lessons to answer any questions. See back for list of Y Pool Rules.

Please contact Aquatics Director, Alexa Markham, or
Aquatics Coordinator, Trevor VanBuren with any questions:

alexa@jacksonymca.org trevor@jacksonymca.org 517.782.0537

Information about Financial Assistance & our Free Safety Around Water Programs is also available!



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAFE POOLS HAVE RULES

1. Lifeguards are in charge & have the final word
2. Shower before entering the pool
3. Proper swim attire must be worn at all times
4. Running on deck or in locker rooms is not permitted
5. Starting blocks are for swim programs only
6. Food, gum, candy, pop, or glass containers are not permitted in the pool area
7. Horse play of any kind will not be tolerated
8. Children under 8 years old must be within arm's reach of a parent or guardian in the pool
9. Children ages 3-15 must pass the swim test to enter the deep end of the pool
10. Diving is only permitted at 9 feet
11. Hanging on lane lines is not permitted
12. Enter the water face forward only
13. Breath-holding activities are not permitted
14. Only US Coast Guard flotation devices are permitted
15. All actions must reflect the YMCA core values: Caring, Honesty Respect, and Responsibility.



TEST everyone ages 3-15

- Swim Test is determined and administered by the lifeguard and typically consists of a 25-yard swim with a strong forward stroke on the front and a 30 second tread without touching the wall or the bottom.
- Those who choose not to take the test and those who do not pass will receive a red necklace and must stay in the shallow end. A child who can not touch the bottom in the deepest part of the shallow end must wear a US Coast Guard approved flotation device
- Those who pass the swim test will receive a green necklace and may swim in either the shallow or the deep end.



MARK everyone ages 3-15

- Green Necklace for those who pass the swim test
- Red Necklace for those who did not take the swim test or did not pass the swim test. Must stay in the shallow end



PROTECT

- All children who are unable to touch in the deepest part of the shallow end and do not pass the swim test must wear a US Coast Guard approved flotation device. Any child under 8 must be accompanied within arm's reach in the water by a parent, guardian, or responsible adult (18+).
- Children 0-7 must be supervised in the pool area at all times.