

What is the teaching ratio for swim classes?

Beginner classes are taught at a maximum ratio of 6 students to one teacher. (The ratio may be smaller depending on sign-ups, but this is our maximum.) Intermediate classes may be 8-to-1, and advanced classes are sized on a case-by-case basis.

Classes designated as "semi-private" have a maximum student teacher ratio of 4-to-1. RVY does not currently offer private lessons.

I can't attend the lesson at the time I signed up for. Can I attend with a different class at a different time?

Usually this is possible, however, you must consult with the staff before attending a class other than the one you registered for. We try our best to accommodate make-ups, however, our classes need to stay inside pre-determined ratios to provide quality instruction. So if a make-up student puts a class above its ratio and there are no additional instructors available, we will have to restrict that class to only its regular students. Make-ups can be accommodated, but consult with us first about the timing, or you may be turned away.

What equipment do I need?

At minimum, you need a swim suit and a towel. Goggles are optional, but most people prefer swimming with goggles. This equipment will not be provided. You will need to bring your own.

Should I bring a flotation device? Should I buy one?

Using your own flotation device is allowed if it fits our specifications, but we do not recommend it. Swim "bubbles" will be provided for levels that require them. This bubble is not a lifesaving device, and provides some support while still requiring students to learn to swim on their own. If you would like to buy a commercially available bubble for use with us or your own practice, this is an example of an acceptable bubble:

<https://www.swimlessonsuniversity.com/Swimways-Power-Swimr-pluPOWER-SWIMR.html>. Keep in mind that instructional bubbles are NOT lifesaving devices, and must be used with close supervision.

Here are some examples of flotation devices which CANNOT be used during swim lessons:

- Lifejackets: lifejackets are an essential safety device in many situations, however, they provide too much support and buoyancy for

a swim lesson. You cannot learn to support yourself in the water while wearing a lifejacket.

- Swimmies: swimmies restrict the motion of the arms in the water, thus making it impossible to learn to swim properly by wearing them.

Will I be able to watch my child's swim lesson?

Spectator areas are provided, and you should watch your child and remain available if needed. However, children adjust to the pool environment much more quickly if parents are not accessible during lessons. Some children, especially those that are scared, have difficulty focusing on their instructor when they know their parent is nearby. Therefore, once your child is with their correct class and is ready to begin, please go to the bleachers to watch. (Parent-child class is obviously an exception, as parents will be in the water.) If there are issues with your child, a staff member will speak with you. Otherwise, please refrain from interacting with your child or an instructor while class is in progress. This will allow the instructor to give full attention to the students and vice versa.

Where can we change?

Locker rooms and/or bathrooms are provided. Note we are visitors in most of the facilities we use, and RVY does not have direct control over the facility rules. We cannot guarantee that opposite gender parents can go into locker rooms together with their children. Changing tents will be provided as a substitute when possible. We highly recommend students arrive already wearing their bathing suit to prevent unnecessary crowding of changing areas.

How will I know if class is canceled?

Weather cancellations will be posted on the front page of [our website](#). Please check the webpage before calling the YMCA. We will send out an email to the class list if time allows. If there is no news of cancellation, assume that lessons will happen as scheduled. Other than rescheduling for weather, we cannot guarantee make-up classes due to your schedule. There are no refunds or credits for missed classes. Refunds will only be issued if a member withdraws 7 days prior to the first day of class.

Although we try to give advance notice when possible, weather is by nature unpredictable. In-progress lessons may be stopped due to weather events such as thunder or lightning.

Is the water heated?

Outdoor pools in this area are rarely heated, but the summer weather generally assures an acceptable temperature.

Indoor pools are heated, however, this does not guarantee that they will feel “warm” when first entering the water. The temperature of the pool depends on the pool’s general usage outside of swim lessons.

Pools used for fitness lap swimming or competitive swimming are typically kept in the range of 77 to 82 degrees, as the cooler temperature is appropriate for vigorous exercise. It may feel cool during lessons, but this temperature is safe. It cannot be quickly raised for lessons alone, because large pools cannot change their temperature quickly.

Indoor pools which do not typically have fitness or competitive uses are kept slightly warmer, around 84 degrees.

All of these pool temperatures are safe, however, every person’s body reacts differently to water temperature, and you may or may not find the water comfortable. If your child finds the water too cold, we suggest a kid’s wet suit or surf shirts such as those available at www.warmbelly.com.