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For A Better Us

The Fanwood-Scotch Plains YMCA is excited to bring back group swim lessons!

We will be offering 4-week sessions for children ages 2-13, starting September 14th. YMCA swim lessons are designed to help children feel comfortable around water, promote water safety and teach basic and advanced skills, depending on their level. Classes are available for beginner through more advanced swimmers. Read page 2 of this document for more details.

You must be an active Fanwood-Scotch Plains YMCA member to participate. If your membership is on hold, you can take it off hold [here](#). All members are also asked to sign an updated Membership Waiver and Code of Conduct before returning to the YMCA. This can be done [here](#). This only needs to be done once per Family or Individual Membership.

WE LOOK FORWARD TO SEEING YOU BACK IN THE POOL!

Fanwood-Scotch Plains YMCA • 1340 Martine Ave. • 908-889-8880 • fspymca.org

PROGRAM INFORMATION

- Swim Lessons will be held in Pool 1.
- We will be running 4-week sessions beginning Sept. 14.
- Swim lessons are currently offered on Tuesday evening, Friday evening and Saturday morning. Please visit our website at fspymca.org for class schedules.
- Members may sign up for one class per child per week.
- All swim lessons are 30 minutes with time allowed between each class to clean/disinfect prior to the start of the next class.
- Register online for classes at fspymca.org/register.
- After the third week of the session, all registered participants will be offered the opportunity to continue to the next 4-week session. If the registered participant wishes to continue to the next 4-week session, Y staff will complete the registration and process payment. Registered participants will not need to re-register every 4 weeks.



CLASSES OFFERED

- **Swim Starters (YMCA Stage B/Water Exploration)** is for ages 2-3 years. A parent or guardian must be in the water to assist their child. The class will be led by an experienced swim instructor. Please note: we will not be offering Stage A/Water Discovery at this time.
- **Swim Basics (YMCA Stages 1/Water Acclimation; 2/Water Movement; 3/Water Stamina)** is for beginner swimmers ages 3-5 years and 6-9 years. A parent or guardian must be in the water to assist their child. The class will be led by an experienced swim instructor.
- **Swim Strokes (YMCA Stages 4/Stroke Intro; 5/Stroke Development)** is for intermediate swimmers ages 6-12 years. Participants must be able to swim a length of the pool (25 yards) front and back and tread water for one minute.
- **Stroke Mechanics (YMCA Stage 6)** is for advanced swimmers ages 9-13. Participants must be able to swim all four competitive strokes.

WHAT TO BRING TO CLASS

- All participants must come in swim attire including aquatic footwear, i.e. flip flops or water shoes.
- Locker rooms will be available after the swim lesson is completed for changing purposes only. Showers will not be available.
- Participants should have their own towel, goggles and water bottle (no glass).
- All personal belongings must stay with the participant at all times. Lockers will not be available for storage.
- Restrooms will be available if needed but are not available for changing.

HEALTH & SAFETY PROCEDURES

- Face masks must be worn at all times when in the Y unless you are in the pool. They must also be worn outside the building when social distancing of 6 feet is not possible.
- Please enter through the main entrance to receive a health screening; scan in at the Welcome Center and follow one-way traffic signs to Pool 1.
- Follow the direction of the Deck Ambassador who will guide you to the waiting area and lane.
- One adult per child will be allowed into the YMCA building to either participate in the class with their child or view the class (please no siblings/strollers).
- More health and safety procedures can be found online [here](#).

If you have questions or need assistance, please contact Ellen Daudelin, Aquatic Director, at edaudelin@fspymca.org or 908-889-8880 x118.