Welcome to the YMCA of South Florida. We are thrilled you have chosen us to enhance your family’s water safety education and swimming skills.

Please read carefully through our guidelines, procedures and policies. This guide is to help you understand all that we offer around aquatics. Please do not hesitate to speak to one of our staff if you have questions.

We look forward to continuing a long lasting relationship and helping you to achieve all that you strive to obtain.

**OUR INSTRUCTORS**

All YMCA swimming lessons are taught by caring and compassionate professionals who focus on our participants’ needs. Instructors are required to attend training to ensure they are up to date with the latest teaching strategies and safety guidelines. All Y instructors are trained and certified in:

- CPR/AED
- First Aid
- Oxygen Administration
- YSL YMCA Swim Instructor Certification

Our guards are drilled on a daily, weekly and monthly basis to ensure they are always prepared in case of an emergency. Guards are always on duty during swim lessons and open swim hours. All Y lifeguards are trained and certified in:

- Lifeguarding
- CPR/AED for the Professional Rescuer
- First Aid
- Oxygen Administration
Jenny’s Story

Jenny was a one-of-a-kind 12-year-old child. She was smart, energetic, beautiful and blessed with a loving family. Unfortunately, Jenny did not know how to swim. She lost her life when she drowned at a friend’s birthday party.

The Swim for Jenny fund was created as a reminder of the importance of learning how to swim. Please help Swim for Jenny and the YMCA of South Florida save lives!

With your support, we can prevent drownings by providing free swim lessons, water safety awareness and education for our South Florida community. Ask us about our Swim for Jenny – Free lessons offered each year during Spring break.

Drowning prevention is a critical initiative at the Y of South Florida. Accidental drowning is the leading cause of death among infants and small children in Florida; and Broward and Miami-Dade counties lead the state.

Accidental death is preventable by following the 3 layers of drowning prevention:

- Adult Supervision
- Barriers and Alarms
- Swim Instruction

Shallow Water Blackout Prevention

- No prolonged breath-holding or breath-holding games.
- Shallow water blackout is an underwater “faint” due to a lack of oxygen to the brain brought on by holding your breath for long periods of time.
- Without immediate rescue, the swimmer quickly drowns.

Sponsored by Milner
OFFERINGS: ALL THINGS AQUATICS

SWIM LESSONS
• Group, semi-private or private
• Parent/child-6 months
• Preschool • Youth • Teens • Adults

RECREATIONAL SWIM
Entry level and flexible swim team experience

YSF PRE SWIM TEAM
Y-Swim Recreational team

YSF BARRACUDAS SWIM TEAM
Member only, includes USA Swimming membership

WATER FITNESS CLASS
Aqua Classes. Tone and sculpt your body with no impact to your joints.

CLASSES OFFERED AT THESE LOCATIONS:

Greater Hollywood YMCA Family Center
3161 Taft Street
Hollywood, FL 33021
954-989-9622

Homestead YMCA Family Center
1034 NE 8 Street
Homestead, FL 33030
305-247-0393

North Pointe YMCA Family Center
7351 NW 186 Street
Miami, FL 33015
786-433-9622

Pembroke Pines YMCA Aquatic Center
1361 NW 129 Avenue
Pembroke Pines, FL 33028
954-447-7645

Weston YMCA Family Center
20201 Saddle Club Road
Fort Lauderdale, FL 33327
954-424-9622
**Y SWIM RECREATIONAL**

The Recreational Track provides an entry-level and flexible swim team experience. This track provides the whole Aquatics experience of stroke development and age appropriate conditioning without a focus of competition or time commitment. This track is ideal for swimmers who have just completed the YMCA swim lesson program. Fun swim meets and other events are offered and participation is optional. Participants must have completed the YMCA swim lesson program (or equivalent) and swim 50 yards of freestyle and have knowledge of back and breaststroke.

Annual Fee: $40  |  Monthly Fee: $75

**YSF PRE-SWIM TEAM**

This is an Add-On program to the Y-Swim Recreational and swimmers must sign up for both programs. The Pre Swim Team is designed to prepare participants to master skills to be selected to the YSF Barracudas program. YSF Pre-Swim Teams have the opportunity to be evaluated and advance to the YSF Barracudas team 3 times a year. The evaluations are mandatory to advance to the YSF Barracudas team.

Monthly Fee: $20

**YSF BARRACUDAS SWIM TEAM**

YSF Barracudas Swim Team is for Members Only with an Annual Fee of $120. The Annual Fee includes membership in USA Swimming.

Monthly Fees: $75 – $95

For more information email John Spire at jspire@YMCASouthFlorida.org
QUICK GUIDE TO SELECTING SWIM LESSONS

WHAT STAGE IS YOUR CHILD?

Can the student respond to verbal cues and jump on land?

Is the student comfortable working with an instructor without a parent in the water?

Will the student go underwater voluntarily?

Can the student do a front and back float on his or her own?

Can the student swim 10 – 15 yards on his or her front and back?

Can the student swim 15 yards of front and back crawl?

Can the student swim front crawl, back crawl, and breaststroke across the pool?

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

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STAGE DESCRIPTION

1. **SWIM STARTERS**
   Infant and toddlers are accompanied by a parent or caregiver, helping them adjust to being in water and learn basic water safety skills.

2. **SWIM BASICS**
   The foundations of water safety and basic swimming skills, focusing on swimming to safety.

3. **SWIM STROKES**
   The introduction and refinement of swimming strokes, as well as, cultivating a healthy lifestyle.

VISIT OUR POOLS

Greater Hollywood YMCA // Homestead YMCA // North Pointe YMCA // Pembroke Pines YMCA
Aquatic Center // Weston YMCA
GROUP LESSONS
Learn lifesaving skills while having fun and being active. Lessons bring participants together of like skill and ages. Class times are dependent on age and skill levels. Each session offers 6 to 8 lessons of 30 to 45 minutes depending on age of participants.

PRIVATE LESSONS
If you feel that you work better in a one-on-one setting, want to work on specific skills or strokes, or are looking for more flexible class times, private lessons are for you. Private lessons are available at the discretion of the requested location. Sold in packages.

OPTIONS:
1 Class
5 Classes
10 Classes
15 Classes

SEMI-PRIVATE LESSONS*
Semi-private lessons are for two to three participants at approximately the same age and skill level who would like to have a smaller setting than group lessons. Each participant must register individually. Y MCA staff will not match participants, please register at the same time as the participant(s) with whom you would like to take the lessons. Sold in packages.

5 Semi-Private Lessons (Per-child)
*at set locations

TEEN & ADULT LESSONS
AGES 13+
We provide swim lessons for both teens and adults. If you are a beginner or an experienced swimmer we will fit the class to your goals and needs.

VISIT LOCATION FOR PRICING DETAILS. FOR MORE INFORMATION ABOUT OUR SWIM LESSONS VISIT: ymcasouthflorida.org/swim-lessons
AQUATICS PROGRAM POLICIES*
*Policies listed are subject to change.

GROUP SWIM LESSONS

1. Refund or credit requests must be submitted in writing in person to the YMCA Family or Aquatic Center, one week prior to the session’s start date. Refunds must be approved by the Aquatics Director and are subject to a $5 processing fee per session. Requests made within the seven days prior to the session’s start date will be reviewed by the Aquatics Director and approved or denied based on individual circumstances. Refund requests will not be accepted or processed after the session has begun or has ended.

2. The YMCA does not give credits or make-ups for unattended classes. In the event of absence due to illness during the session, a system credit will be given with a valid doctor’s note for the lessons missed.

3. Make-up lessons will only be offered due to cancellation by the YMCA Aquatic Staff. If unfavorable conditions arise during a lesson, a makeup lesson will be offered if less than 50% of the lesson was completed at the time of cancellation.

4. On the second rain out, an optional out of water safety talk will be provided. Safety is a core component of the Aquatics Program, it is encouraged that you attend.

5. 6 of 8 IN WATER LESSONS will be GUARANTEED in each 8-lesson session.

6. Classes must have three or more participants for the class to run. If there are less than three participants, the YMCA Aquatic Staff will contact you to see if you would like to move to another class (if space is available); have a system credit added to your account to use for upcoming programs, or a refund.

7. To ensure the quality and safety of our programs you MUST attend the lesson day and time you registered for.
PRIVATE SWIM LESSONS

1. Refund or credit requests must be submitted in writing in person to the YMCA Family or Aquatic Center within the first week of registration for private lessons. Refunds must be approved by the Aquatics Director and are subject to a $5 processing fee per session. **Refund requests will not be accepted once you have started the lessons.**

2. A YMCA Aquatics Staff will contact you within 5 business days after you register for private swim lessons.

3. Private lesson packages must be completed within three months from date of purchase. After three months you will forfeit your incomplete lessons. Private lesson packages must be completed by the participant who is registered—they are not transferable and cannot be shared between members, guests or within families.

4. If you do not contact the Aquatic Director or swim instructor via voicemail or email within 24 hours before your scheduled private swim lesson to cancel, you will lose the lesson and it will not be made up or rescheduled. In the event of absence due to illness during the session, a **system credit** will be given with a valid doctor’s note for the lessons missed.

5. If unfavorable conditions arise before or during a lesson, a makeup lesson will be offered if less than 50% of the lesson was completed at the time of cancellation.
AQUATIC PROGRAM REMINDERS

- Please come at least 10-15 minutes before the lesson is scheduled to begin.
- To limit interruptions during lessons please use restroom, apply sunscreen, etc. before class begins.
- The first 5 minutes of each lesson will be used for attendance, review and discussion.
- Make sure your child is swim ready – appropriate swimsuit, swim diaper if the child is not potty-trained.
- While parents are encouraged to watch the swim lessons, we ask all parents to stay at least fifteen feet away from the pool or remain in the designated viewing area. Keeping a distance from the class area removes additional distractions to the participants, as well as, the instructors.
- Water playtime before the lesson begins is discouraged and may even be unavailable depending on the facility’s hours.
- Do not leave your children unattended at the pool. Parents are required to stay for the entire lesson. Drop off is prohibited for children under the age of 13.
- It is important for parents to remember that children will progress at different levels and the skills learned in class should be practiced at home. Instructors will supply you with home activities to help further develop your child’s progression.
- Some children who are new to swim lessons may show anxiety or fear. It is important to know that this is common and our instructors are experienced and empathetic. Please let our instructors work through this with your child. It is important to continue to attend lessons for your child to progress.

CANCELLATIONS

In the event of a facility closure due to equipment failure or inclement weather, the Y reserves the right to cancel a scheduled class at any time. When time permits, we will make every effort to contact the class participants ahead of time to notify them of the cancellation. Occasionally, due to circumstances beyond our control, this communication is not possible. Fortunately, we do not have such occasions often, but appreciate your understanding when they occur. To avoid such occurrences, please BE SURE TO UPDATE YOUR CONTACT INFORMATION. For weekday classes, your child’s instructor will inform you when the make-up will be conducted. For weekend classes, an additional class will be added where applicable.
SAVE THE LIFE OF A CHILD

Bring Swim Lessons to your community.

The YMCA of South Florida Mobile Aquatics Team, Joe DiMaggio Children’s Hospital and NBC 6 have teamed up to provide Swimming Lessons at Housing complexes and developments around South Florida. The Y works directly with Property Managers and Homeowner Associations.

OUR PRIMARY FOCUS

• Safety Around Water
• Introduction to Swimming Skills
• Evaluation of current Swim Skills
• Improved Swimming Skills

HOW DO WE HELP PREVENT DROWNING?

• Education of the parents of the community through partnership
• Making safety around water a priority by introducing formal swim lessons to children

For more information please contact contact YMCA of South Florida at: 954-334-9622
SAFETY FIRST

Aquatic Safety at our pools is our first priority. Our Test, Mark & Protect program is designed to identify children 12 and under that are most at risk, non-swimmers. By participating in a swim test, non-swimmers are identified and directed towards designated non-swimmer shallow areas with active adult supervision.

**TEST**

**Youth ages 5 to 12 years**

The swim test consists of swimming 20 yards. During the test, youth are asked to:

1) Jump into the deep end of the pool, submerge fully, return to the surface and immediately begin swimming without pushing off the wall
2) Swim in a horizontal position on stomach on top of the water
3) Flip over on back & float for 30 seconds
4) Tread water for 30 seconds
5) Exit the pool without assistance using either the wall or pool ladder

**MARK**

**Youth ages 5 to 12 years**

Must take swim test, receive, and wear a Green, Yellow, or Red wristband.

- **Green**: Passed full swim test
- **Yellow**: Able to swim 10 yards, flip over & float on back for 10 seconds
- **Red**: Unable to complete or did not take test

**PROTECT**

**All youth ages 12 & under**: Must have a parent, guardian, or responsible adult 18+ on the pool deck regardless of wristband color. Youth that do not take a swim test will be considered non-swimmers and given a Red wristband.

**Youth ages 0–4**: Must have a parent, guardian or responsible adult (age 18+) in the water with them at all times. Parent, guardian or adult must be within touch supervision regardless of the child’s swimming ability.

Swim tests are conducted by Y Aquatic Staff.
SPECIAL THANKS TO OUR SPONSORS:

DONATE TO YMCA

Membership fees keep the lights on and the doors open. Donations invite everyone inside and fund the Y’s programs, including its lifesaving Aquatics programs. Philanthropic dollars make it possible to keep our promise of making programs and services available to all, regardless of ability to pay. Financial assistance for those who cannot otherwise afford Y programs is supported in part through contributions to the Y’s Annual Campaign and Event Sponsorships, ensuring everyone has the opportunity to be healthy, thrive and be connected. If you are interested in learning more about supporting the Y’s mission, please contact us at 754-312-4114 to learn how you can make a difference.
TEACHING SKILLS THAT SAVE LIVES

According to the CDC, drowning is the leading cause of death for children ages 1-4 and the second leading cause of death for children ages 5-14.

Children from lower income households are 5x more likely to drown.

60% of kids who drown are within 10 feet of safety.

FLORIDA LEADS THE NATION WITH THE MOST CHILD DROWNINGS OF ALL AGES (UNDER 18) BY MORE THAN DOUBLE THE NEXT CLOSEST STATES (TEXAS/ARIZONA). ANNUALLY THAT EQUATES TO ENOUGH CHILDREN TO FILL 4 CLASSROOMS.

88% of kids who drown do so under adult supervision.

DROWNING IS PREVENTABLE

At the Y, we believe swimming is a life skill. Given our reach and long history with aquatic programs, the Y is in a unique position to help bridge the gap in the delivery of swim lessons and water safety education in South Florida.
WATER SAFETY TIPS

TEACH THEM EARLY
Teach children to get comfortable in the water and swim at an early age and educate them early about water safety.

ACTIVE SUPERVISION, BARRIERS & SIGHTLINES
Always actively supervise children when they’re both in and around the water; ensure that pools are secured with appropriate barriers; and require children to swim within designated areas that are within sight of guardians and certified lifeguards.

WHO’S YOUR BUDDY?
Never let children swim alone; always designate swimming buddies before visiting the beach or pool.

DON’T BE PUSHY
Instruct children to never run, push or jump on others in and around the pool.

I’M ON A BOAT
Children should always wear a PFD (personal flotation device) while on a boat.

SUIT UP
Make sure children always wear life jackets and use proper water safety and flotation devices.

WEAR SUNSCREEN
Protect your skin from sunburn and sunstroke by wearing hats and sunglasses, applying sunscreen of SPF 15 or higher; and limiting direct exposure for prolonged periods of time.

GET CERTIFIED
Become certified in infant and child First Aid and CPR.

STAY HYDRATED
Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.