

# SWIM LESSON INFORMATION

## GROUP AND PRIVATE LESSONS



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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SHERWOOD REGIONAL FAMILY YMCA

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23000 SW Pacific Highway

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Sherwood, Oregon 97140

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503.625.9622

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[ymca-sherwood.org](http://ymca-sherwood.org)

## VALUES

YMCA swimming lessons strive to teach their students a love for the water that will continue throughout their lifetime. We incorporate our values of love, respect, responsibility, honesty, and service in each lesson.

## GROUP LESSONS

The Sherwood Regional Family YMCA offers group, private, and semi-private lessons. Our group lessons incorporate five components: personal safety, personal growth, stroke development, water sports and games, and rescue. This helps the YMCA swimming stay focused on a lifetime love for the water. We offer two parent child levels (6 months to three years old), five preschool levels (ages 3-5 years old), six levels for school age (6 to 14 years old), beginning/intermediate teen lessons (14 to 17 years old), and beginning intermediate adult lessons (17 years old and up). More information on our groups lessons, including times and registration information, can be found online at [ymca-portland.org](http://ymca-portland.org) or call the Aquatics Department.

## PRIVATE LESSONS

The Sherwood Regional Family YMCA offers swimming lessons to all ages and levels. Our private lessons have a one-to-one ratio, meaning there is one student per instructor. Our semi-private lessons have a two-to-one ratio. This means there are two participants to one instructor. The Sherwood YMCA does not provide an extra student. Instead the participants enter into the program together. There are three steps to enrolling in the Sherwood YMCA's private/semi-private swim lesson:

1. Fill out a private/semi-private swim lesson interest form. This includes the contact information, availability, and preference of each participant. After you have filled out this form, please allow 1-2 weeks for a call. If you do not hear back from us within two weeks, feel free to call us and ask for our Head Instructor. They will give you an instructor with whom to schedule your private lessons.
2. Schedule your lessons with the instructor. The instructor will fill out a copy of the contract for you. Please note that to cancel a private lesson requires twenty-four hour notice.
3. Pay for your lessons at the Welcome Center. You will pay for how many lessons you have scheduled, which can be from one to seven. You will pick up your contract from the Welcome Center. You and your instructor must sign the contract. Have the Welcome Center make a copy. Give the original to your instructor and you keep the other copy. Take the punch card to your instructor and have them initial it each lesson. If you would like, the YMCA will keep your punch card for you and the instructor will initial it after each lesson. Otherwise, please bring it to every class. At the end of the lessons, your instructor will collect your punch card. Please note that punch cards are only valid for 90 days after purchase.

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### REFUNDS

Please note that there are no make-up classes, refunds, or credits due to absenteeism. Keeping that in mind, please don't bring an ill participant to swim lessons. You have the right to cancel your registration for any class until the first day of class. To receive a refund (minus a \$5.00 processing fee), you must present your receipt and cancel your registration one week prior to the first day of class. After the class has begun, no refunds are given without medical documentation. Refunds take three-four weeks processing. Refund/Credit Request forms are available at the Welcome Center. The Sherwood Regional Family YMCA reserves the right to cancel any class due to insufficient registration. The YMCA will credit any cancellation with no processing fee.

### SAFETY GUIDELINES

Whether you decide to take group or private lessons, please keep in mind the following rules and responsibilities:

The participant needs to shower. This helps the participants stay warmer, keeps our pool cleaner, keeps our chemicals in check, and follows Oregon Health Code.

The participant needs to wait for their lesson to begin before getting into the pool and they need to get out immediately following their lesson.

Please tie back long hair or put on a swim cap.

Goggles are allowed only with teacher approval. This is for the participant's safety as they need to learn to be comfortable putting their face in without goggles. As the participant progresses, goggles are helpful to improving technique. Please check in with teacher before bringing goggles to class.

Please put swim diapers on those under 3 years old and/or who are not potty trained.

### CONTACT

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