

# Swim Lessons Frequently Asked Questions

Visit <http://www.ykfitness.org/aquatics> for specific schedules, age categories, etc.

**What class should I register for?** Classes are separated by age and skill level. Review swim class descriptions and class pre-requisites at <http://www.ykfitness.org/aquatics>. If you are still not sure try our [Swim Placement Survey](#) or contact Stacey at [ykfc@cityofbethel.net](mailto:ykfc@cityofbethel.net).

**What will students learn?** Specific skills taught vary by level, but all classes will include both swim skills and water safety skills. For further details review swim class descriptions and class pre-requisites at <http://www.ykfitness.org/aquatics>.

**What COVID-19 safety policies are in place?** Effective August 2022 COVID-19 mitigation strategies have been lifted. We continue to monitor community risk and follow recommended precautions. Individuals who wish to wear masks are encouraged to do so.

**What should participants wear?** **All swimwear must be made of non-cotton materials.** Cotton fibers clog our filters so swimmers should wear **non-cotton** swimwear that they are comfortable in and that allows for vigorous, free movement of legs and arms. Swimmers should not wear any items that restrict movement. Strategies to help swimmers who easily get chilled include wearing a swim cap, wearing a rashguard style shirt, or wearing a wetsuit. If shirts or wetsuits are worn please make sure swimmer can rotate their arms at the shoulder and that items are non-cotton materials as cotton fibers clog filters.

Swimmers with long hair should wear hair pulled back with a hair tie or wear a swim cap.

**Are goggles needed?** Beginners do not need goggles, though some swimmers are more comfortable with goggles. Instructors may require some skills be performed without goggles. Advanced swimmers should wear goggles to improve vision and reduce impact of chemicals on eyes. Goggles should cover eyes only. Masks that cover the nose will not be allowed during instruction as they interfere with learning proper breathing technique.

**Is the pool open during lessons?** The pool is usually open during lessons, but patrons will be required to follow admissions policies and current pool reservation policies to swim outside of the lessons. Participation in swim lessons does not include pool admission for swimming outside of lessons. Swimmers waiting for lessons to begin should wait on the benches or other location specified by instructor unless they have purchased a pool admission or checked in under their membership. Swimmers should not interfere with lessons in progress.

## **Registration**

**Who can register for swim lessons?** Classes are open to all who meet class pre-requisites.

**Do you have to register?** Yes. Swim Lessons are progressive and require registration.

**Can I register for multiple classes?** Yes (within the appropriate age group/skill level)

**How long is registration open?** Registration is open until the class is full or through the 2<sup>nd</sup> day of class.

**What is the cost of the class?** Rates vary by session. Visit <http://www.ykfitness.org/aquatics> for prices.

**Can I register now and pay later?** No. Payment is required to reserve a spot in class.

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## Are there discounts available?

Through generous programs with the American Red Cross and The YK Delta Lifesavers Foundation we are currently able to offer swim lessons at significantly discounted rates. Additional discounts are not available at this time, but some scholarships are available. If class fees are a barrier to participation please complete a scholarship application found at <http://www.ykfitness.org/aquatics>, at the front desk, or contact Stacey at [ykfc@cityofbethel.net](mailto:ykfc@cityofbethel.net).

## Is there a discount if I register late?

Late registrations are not prorated.

## The class I want/need is full, what do I do?

We can add you to a waiting list for the class. We regularly review waiting lists and try to add classes where there is a need and we have staff available.

## Attendance

### If I need to miss a day, can I make it up?

No, makeup up sessions are not available for missed classes.

### If I cannot come to my scheduled class can I attend a different one instead?

No. Participants may only attend the day they are registered for. Attending other days is disruptive to that class.

### Are parents, siblings or guests allowed to watch?

Non-participants may watch the class only if their presence does not exceed space capacity and does not interfere with instruction. If swimmers are distracted from class we may ask guests to exit the pool area.

**Non-participants must comply with all facility access policies.** Non-participants who wish to swim during class must check in with the desk under their membership or purchase a day pass and follow current pool reservation policies. Swimmers may not interfere with instruction.

### Can I leave while my youth is in class?

Preschool classes: No. Preschool parents should remain poolside and available if needed for bathroom breaks, emotional support, etc.

Youth Classes: Youth under the age of 12 must have an adult in the building in case of emergency. You may leave the pool area but please let the instructor know where to find you in the event of an emergency.

Youth age 12 and older may attend class without an adult.

### Can I workout during my youth's class?

Preschool classes: No. Preschool parents should remain poolside and available if needed for bathroom breaks, emotional support, etc.

Youth age 6+: Members or day pass holders are welcome to work out while their participant is in class, but we ask that you let the instructor know where to find you in the event of an emergency. Please be sure to return to the pool area by the end of class, participants may not swim alone while waiting for guardian unless they meet exemption criteria and follow admissions policies.