



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**STRONG
SWIMMERS**
CONFIDENT KIDS



Keeping You Safe And Learning Fun!

THE GATEWAY FAMILY YMCA

NURTURING SKILLS AND BUILDING CONFIDENCE IN THE WATER

We are here for you with Swimming Lessons for ages 6 months - Adult. At The Gateway Family YMCA we know that learning to swim is an important life skill that builds more than muscle; swim lessons build safety practices and confidence. Flexible class options are available to meet your needs.

Swim Lesson Options:

- Private Swim Lessons
- Semi-Private Swim Lessons
- Private Pod A or B Swim Lessons
- Parent-Child Group Swim Lessons
- Preschool Group Swim Lessons
- Youth Group Swim Lessons
- Teen & Adult Swim Lessons



Flexible Swimming Lessons Available for Ages 6 Months - Adult. Registration is required at www.tgfymca.org

GENERAL INFORMATION

- Swim Lessons are available for active members of The Gateway Family YMCA
- Online registration is required at www.tgfymca.org
- Program Descriptions and information is available at www.tgfymca.org/swim-lessons
- If you are unsure of your child's skill level for programs, there is a Swim Lesson Evaluator on our web site or call the Aquatic Director to schedule a swim evaluation
- Please review Credit/Refund Policy. Make-up classes are only provided when the YMCA closes for emergency pool closures (ie. Inclement weather).

WHAT TO WEAR & BRING TO CLASS

- All swimmers should arrive at the YMCA ready for class, with swim attire and aquatic-appropriate footwear
- Locker Rooms and Family Changing Rooms are available for swimmers
- Program Descriptions and information is available at www.tgfymca.org/swim-lessons
- Swimmers should bring their towel, goggles, water bottle and membership card

SAFETY PROCEDURES

- **Face Coverings/Masks** - All unvaccinated members over the age of 2 will be required to wear a face covering/mask at all times except while in the swimming pool. Face Coverings/Masks are strongly encouraged for all participants, regardless of vaccination status
- Please follow all directional and safety signage, Y staff directions and all posted guidelines
- All members are required to scan their membership card/mobile app upon entry to the YMCA
- Social Distancing, minimum of six feet, is required throughout the facility.

Additional Health & Safety Information is available at www.tgfymca.org/what-to-expect

AGES

Six Months - Adult

YMCA SWIM LESSONS

The Gateway Family YMCA
tgfymca.org/swim-lessons

FOR MORE INFORMATION

Jessica Keavney, Aquatic Director
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Ready for More? Consider

- Swim Team Stroke Clinic
- YMCA Swim Team

