



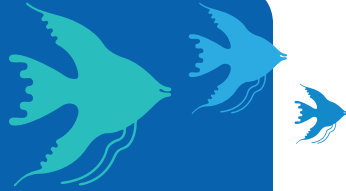
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING CHARACTER ONE LAP AT A TIME

**Aquatics Program Policies**  
**EMBARCADERO YMCA**  
**2019**



# WELCOME TO AQUATICS



Dear Y Friends and Neighbors,

Here at the Y, we are dedicated to serving the youth, adults, and families of our community and educating them on water safety and healthy lifestyles through our aquatics programming. We hope that participants will be able to develop not only in their swimming abilities, but in their own personal growth and confidence.

As you will discover in this aquatics program guide, our programs and services are broad and we offer something of value for all ages and swimming ability. We are dedicated to strengthening the foundations of community through youth development, healthy living, and social responsibility. If you're new to the Y, you may not know that you're joining an inclusive organization dedicated to meeting the needs of all people. To that end, we are your Y-Family. We're here to help you on your journey as an individual, as a member of a family, and as part of a community. We believe that our work is at its best in partnership with our members and parents. It is your involvement that allows us to deliver high-quality programs, create a supportive and welcoming atmosphere, and sustain our extensive outreach efforts in the community.

We invite and encourage you to engage with your Y community as much as possible. Reach out to a fellow member, strike up a conversation with a parent of another child, connect with a staff person or volunteer, or even better—join us as a volunteer. We believe that volunteer efforts should align with an individual's passions and skills. If you are looking for a place to give back, build skills and get connected, you've found it. Please don't hesitate to get involved!

Regardless of how you are connected to the Y, we want to help you every step of the way. We have dedicated staff to help you on your journey to wellness, as a partner in developing your child, and as a good neighbor in your community.

Join us today, sign up for a program, become a volunteer, or even all three—you won't regret it. We want to hear from you and our doors are always open. We also welcome your calls and emails.



Sincerely,

Jimmy Beckland  
Aquatics Director  
(415) 615-1326  
jbeckland@ymcasf.org

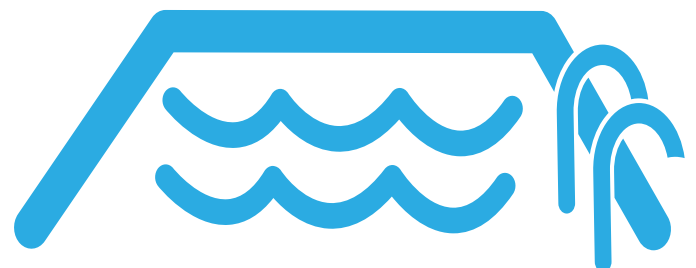
## OUR VISION

Every child in the San Francisco area will be given the opportunity, regardless of their background, to have the knowledge and skills to be safe around water and to build water skills and healthy habits to live a longer healthier life.

The Y will provide skill-based learning with an emphasis on personal growth, enabling each child to reach their highest potential so that they will make a valuable contribution to society.

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# GROUP SWIM LESSON POLICIES

- Please refer to our separate Schedule and Pricing sheet for the most up-to-date information.
- Payment in full is required at the time of registration.
- Register in person at the Member Services desk, over the phone at (415) 615-1346 or online: [www.ymcasf.org/locations/embarcadero-ymca](http://www.ymcasf.org/locations/embarcadero-ymca)
- For adult lessons, register at [www.ymcasf.org/programs/adult-swim-embarcadero](http://www.ymcasf.org/programs/adult-swim-embarcadero)
- For youth lessons, register at [www.ymcasf.org/programs/youth-swim-embarcadero](http://www.ymcasf.org/programs/youth-swim-embarcadero)
- We do not offer make-up classes for missed or partially attended classes.
- Refund requests for cancellations must be emailed to Aquatics Coordinator, Jacky Vallejo at [jvallejo@ymcasf.org](mailto:jvallejo@ymcasf.org) no less than five days prior to the session start date. Cancellations made after the 5 days will not be refunded.
- All cancellations are subject to a \$10 processing fee.
- If you receive Financial Assistance, you must register in-house to apply to program costs. Financial Assistance not applied to a paid session, will not be refunded or credited to future sessions.

## INFORMATION AND ADDITIONAL POLICIES FOR YOUTH GROUP SWIM LESSONS

- Please bring your child to the Y in a swimsuit and have them use the restroom and shower before the lesson begins.
- If your child is not toilet-trained, then they must wear a swim diaper we have for sale in our Pro Shop at Member Services.
- Children under the age of 13 must be accompanied by an adult at all times in the facility.
- Children over the age of six can use the restroom and locker room that is consistent with their gender identity. Mixed gender families with youth over the age of six, please use our all gender changing rooms, just outside either the men's or women's locker rooms. If necessary, please use our family changing rooms just outside either the men's or women's locker rooms. Meet at the pool entrance near the second floor elevator. The instructor will call your child's name at the beginning of every class.
- Regarding our all gender inclusive spaces, please connect with your swim instructor or contact the Aquatic Coordinator, Jacky Vallejo at [jvallejo@ymcasf.org](mailto:jvallejo@ymcasf.org).
- A parent or guardian must stay in the second floor lobby and be available to assist your child if necessary, such as bathroom breaks.
- Please wait for your child after class and feel free to discuss your child's progress with the instructor.

# PRIVATE/SEMI-PRIVATE SWIM LESSONS

Private swim lessons are available upon request and can be scheduled one-on-one. Semi-private lessons are schedule for two or three students who sign up together. Due to lane and staff availability, we can only provide private and semi-private lessons during certain times.

## HOW TO SIGN UP

To arrange a lesson or request more information, please contact the Aquatics Coordinator, Jacky Vallejo at [jvallejo@ymcasf.org](mailto:jvallejo@ymcasf.org).

## LESSON PACKAGES

All lessons are 30 minutes in length, scheduled up-front and in full with our Coordinator, and may be purchased in packages of one, four or eight lessons. Payment must be received in full at time of scheduling. Lesson packages must be used within the duration of the scheduled dates. Membership must be maintained for the duration of the lesson package.

## LESSON FEES



LESSON TYPE	PARTICIPANT TYPE	# OF LESSONS		
		1	4	8
Private	Facility	\$50	\$175	\$330
	Community	\$60	\$230	\$440
Semi-Private	Facility	\$45	\$160	\$300
	Community	\$55	\$210	\$400

## CANCELLATIONS AND LATE ARRIVALS

Only one cancellation is allowed on an eight lesson package. Cancellations are not allowed on purchases of one- and four-lesson packages.

Your lesson dates will be scheduled upfront upon booking your private lessons. If you have an eight lesson package and need to cancel a lesson, you will need to email our Aquatics Coordinator, Jacky Vallejo at [jvallejo@ymcasf.org](mailto:jvallejo@ymcasf.org) at least 48 hours before the day of the canceled class. Cancellations by phone or in-person will not be honored. Rescheduling of the canceled lesson will be scheduled for the week after the original last lesson date. If you cancel with less than 48 hours' notice, you will be charged the full class fee and no refund or reschedule will be permitted. Due to staffing constraints, the instructor can not extend the lesson time if participants arrive late.



# YOUTH SWIM TEAM

Our youth swim team challenges, inspires, and unites swimmers of all abilities and demographics. Swimmers train both in the pool and on dry land in a safe community that encourages success in and out of the water.

## JOINING THE TEAM

Children should demonstrate the ability to swim 50 meters unassisted. To schedule a try-out, contact Mohammad Asaad, Head Coach, at [massad@ymcasf.org](mailto:massad@ymcasf.org) or (415) 615-1305.

## SWIM MEETS

Swim meets are held in various locations nationally and across the Bay Area. Meets are great events for the entire family and are open to swimmers of all ages. Meets include sprint, middle distance, mile, and long-distance events.

## ENROLLING AND FEES

Once you have arranged a try-out and would like to enroll, please visit Member Services to register. We do require a monthly automatic bank draft using a credit card (preferred) or bank routing information.

## SCHEDULES

### GOLD TEAM

Mon-Wed-Friday: Facility \$90 / Community Participant \$125  
Sat-Sun: Facility \$30 / Community Participant \$50

MONDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
4:15-5:15pm	4:15-5:15pm	5:30-6:30pm	8:15-9:15am	9:00-10:00am

### SENIOR TEAM

Mon-Wed-Friday: Facility \$105 / Community Participant \$140  
Sat-Sun: Facility \$30 / Community Participant \$50

MONDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30pm	5:30-6:30pm	6:30-7:30pm	9:15-10:15am	10:00-11:00am

# MASTERS SWIM TEAM

Expand your workout routine! We offer coached practices five days per week. Coaches provide speed and endurance training, motivation, drills, stroke technique, and fun workouts. Our team participates in multiple open-water swims and swim meets throughout the year.

## JOINING THE TEAM

Swimmers should know three out of four competitive strokes, demonstrate the ability to swim 2000 meters in one hour, and be prepared to do a variety of workouts including short and long sets, kicking sets, pull sets, drill sets, sprints, etc. For more information or to try a practice at no charge, contact Mohammad Assad, Head Coach, at [massad@ymcasf.org](mailto:massad@ymcasf.org) or (415) 615-1305.

## ENROLLING AND FEES

We do not prorate for late registration. There are no refunds or make-ups for missed practices.

## SCHEDULES

### ADVANCED LEVEL

Mon-Wed-Friday: Facility \$25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-7:15am	---	6:00-7:15am	---	6:00-7:15am

### INTERMEDIATE LEVEL

Mon-Wed-Friday: Facility \$25 / Tue-Thurs: \$20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:30am	---	7:30-8:30am	---	7:30-8:30am
---	7:00-8:00pm	---	7:00-8:00pm	---



# AQUATIC ORIENTATION AND ASSESSMENT APPOINTMENTS

The Embarcadero YMCA is happy to offer our Members free Pool Orientation and Swim Assessment appointments with a trained Aquatic staff.

If you are a new member or just looking to become more familiar with our pool and learning more about how you can incorporate swimming into your workouts, meeting with an Aquatic staff will help get you on track to finding ways to use our pool equipment, learn fun ways to enhance your swim workouts, and learn how to get access into our swimming programs. Contact our Aquatic Coordinator, Jacky Vallejo at [jvallejo@ymcasf.org](mailto:jvallejo@ymcasf.org) to book an appointment today!



## AQUA FITNESS

Splash your way to a healthier you! Consider trying one of our Group Aqua classes. It's a great way to add variety to your workout, continue to challenge your cardio-respiratory system, and give your joints a bit of a break. Classes are offered seven days a week. Please refer to our Group Exercise Schedule for the most up-to-date information.

### AQUA BASIC STRENGTH

Water is a strength-training format suitable for everyone. This class utilizes the resistance properties of water to strengthen the core, upper and lower body, as well as providing cardiovascular conditioning.

### AQUA ADAPTIVE STRENGTH

Same foundations as our Aqua Basic Strength. More modifications offered and extra focus on range of motion and strength.

### AQUA RUNNING

Tired of the treadmill and looking for a challenge? Give Aqua Running a try! Low impact, yet high in intensity, this class focuses on maintaining an increased heart-rate for the duration of the workout.

### AQUA BOOT CAMP

This is a fast-paced, high energy workout in the pool incorporating running, strength training, abdominal work and water suspension to increase cardiovascular endurance and muscle strength. **REQUIRES:** Pool exercise fundamentals, use of equipment, and ability to move rapidly in water.



# FUN!

## WITH A SPLASH OF CONFIDENCE

### Birthdays At The Y!

Birthdays at the Embarcadero YMCA—Pool parties are a great way to have fun with friends and gain confidence in the water while playing games and learning swimming skills. Parties can be held on Sundays from 1–5pm. Children of all ages are welcome.

#### YOUR PARTY INCLUDES:

- A 90-minute fun-filled water session in our Activity Pool with an experienced swim instructor to lead activities.
- A 90-minute celebration in our historic boardroom.

#### FEES:

1–19 Children: Facility Member / \$400  
Community Member / \$475

20–25 Children: Facility Member / \$450  
Community Member / \$535

26–35 Children: Facility Member / \$475  
Community Member / \$590

#### TO BOOK YOUR PARTY, CONTACT:

Jimmy Beckland, Aquatics Director  
[jbeckland@ymcasf.org](mailto:jbeckland@ymcasf.org) or (415) 615-1326



# POOL RULES AND PROCEDURES

## POOL RULES

Lifeguards have the authority to enforce appropriate behavior within the pool area. All instructions given by lifeguards are to be followed.

Please shower before entering the pool or hot tub.

Prolonged breath holding is not allowed.

No diving allowed.

Appropriate swim suits are required. No street clothes or underwear allowed.

Participants must be able to swim a full length to use the lap pool.

To maintain safety in the water, please use appropriate lap-lane etiquette. Announce yourself to all swimmers occupying the lane you are about to enter. Split the lane if only two swimmers or circle swim if there are additional swimmers.

Lanes are designated into fast, medium, and slow speeds. Please swim in the lane most appropriate to your speed. Swimmers may be asked by a lifeguard to change lanes at any time to maintain a safe environment for everyone.

Be aware of swimmers around you. If someone is following too closely behind you, stop at the wall and let them pass. If another swimmer is unaware that you are trying to pass, tap them gently on the foot and pass when you reach the wall.

Some lanes may be closed for programs so please check the schedule for details.



## CONTACT

Jimmy Beckland, Aquatics Director  
(415) 615-1326  
jbeckland@ymcasf.org

Jacky Vallejo, Aquatics Coordinator  
415-615-1317  
jvallejo@ymcasf.org

## POOL RULES FOR CHILDREN

Children ages 5-12 must be directly accompanied by and within view of an adult at all times while in the facility.

Children who are 48" or less need to wear a life jacket. All kids, before entering the water, are required to perform a swim test. Non-swimmers must be accompanied by an adult in the water within arm's reach. All children under the age 6 must be accompanied by an adult in a 1:1 ratio.

Only Coast Guard-approved flotation devices are permitted. No inflatable flotation devices allowed. Life jackets are provided by the YMCA upon request.

Outside aquatic toys are not permitted as they may not adhere to YMCA safety standards.

Children who are not toilet-trained must wear a swim diaper.



## HOT TUB RULES

People with high blood pressure, respiratory problems, epilepsy, heart or health conditions and pregnant women should avoid using the hot tub.

Use of oils, lotions or salts in the hot tub is prohibited.

Children under 5 years of age cannot use the hot tub. Children ages 5-13 must be directly accompanied by an adult.

Please limit hot tub use to 10 minutes. Long exposure may result in nausea, dizziness, fainting, dehydration, or death.

Exercise and underwater submersion are prohibited.

Reading material, food, drinks, and cell phones are prohibited.



## EMBARCADERO YMCA

169 Steuart Street  
San Francisco CA, 94105  
(415) 957-9622  
www.ymcasf.org/embarcadero

## HOURS

Monday-Friday: 5:30am-9:45pm  
Saturday: 8:00am-7:45pm  
Sunday: 9:00am-5:45pm