

What to Expect When You're Expecting (Your First Swim Lesson 😊)

FAQs About Presidio Group Swim Lessons

Signing Up

Where are you located?

1151 Gorgas Ave, San Francisco, CA 94129
Letterman Pool Front Desk Phone: (415) 447-9680

Please note that our Aquatics Facility is located at a different site (about a 10-minute walk) than our "Main Post" gym on Funston Avenue.

How are swim lesson organized?

Both group and private swim lessons are organized into "**sessions**" that usually last between 3 and 6 weeks, depending on the calendar dates.

Upcoming session dates are available on our website.

How long are lessons?

Swim lessons run for 30 minutes.

How do I sign up?

- 1) If you are not already, you'll need to sign up either as a YMCA of San Francisco facility member, or a community participant.

Facility members pay monthly membership dues and receive benefits such as discounted programming rates.

Community participants may register for free but pay higher programming rates.

To choose your type of membership, please visit our website online or talk directly with our Membership Staff.

- 2) Once you're signed up, you can directly register for the session either through your online account, or in-person.

Do you offer financial aid?

Absolutely! We strongly believe swimming is a skill every child should learn, and money should never be a barrier.

Both facility members and community participants may apply for financial aid. Once an award is granted, it is then applied as a discount to your lessons.

How you can apply:

- 1) Fill out our financial aid application, which you can find online here: <https://www.ymcasf.org/join/financial-assistance>
- 2) Drop off the application, along with a document of proof (e.g. a recent tax return) at our either the Main Post or Letterman Facility Front Desk.

Please note that participants receiving financial aid must register for swim lessons in-person through either Membership Staff or Aquatics Management.

Showing Up

I'm registered! What happens on my first day?

- 1) Please check in with the front desk around 15 minutes before your lesson.
- 2) Once you enter the facility, families with children under 12 may change in our family locker room. This is located at the end of the facility, towards our "Small Pool."
- 3) As you walk in, you'll see poster boards in the corner of our facility, closest to the family locker room. These will have rosters showing your child's name and instructor.
- 4) Swim lessons meet in the corner by the roster board. They start by the ringing of a bell.
- 5) A deck manager or your child's instructor will help direct them to their proper lesson.
- 6) Lessons will end with another bell ring. ***Please note there is a 5-minute break in between lessons.***

What should I bring?

It depends on your preferences! Generally, though, it should include:

- Swimsuit
- Goggles, if preferred
- Swim diaper, if needed
- Shampoo/conditioner (we have towels)
- Lock, if planning on using lockers

Is there a waiting area for parents?

Yes, we have benches outside the swim area designated for waiting. ☺ We ask that parents remain in the designated waiting area for the duration of the class.

May we take photos and videos of the swim lesson?

Unfortunately, we cannot allow photos or videos inside our facility. This is for safety and privacy reasons.

Do I need to get in the water with my child during lessons?

At least one adult must be in the water with their child for Stage A and B classes. Otherwise, you can stay dry! 😊

Is my child allowed to swim before or after lessons?

It depends on your child's age, as well as available pool space. Please see our pool schedule for more information on open rec swim times.

Please note we require a 1:1 adult/child ratio for children under 6 for safety reasons. If we are concerned about safety, we still may ask a parent to join a child who is over 6 or ask that child to wear a personal flotation device.

My child doesn't like certain parts of swim lessons and/or cries. What should I do?

Swimming instantly affects all five senses. Combined with new noises, classmates, and teachers, and it's no wonder this can be overwhelming to a young swimmer!

The good news—it's completely normal. 😊

We ask that you keep coming and support your child through their transition. With time and increased comfort with lessons, your child's anxiety will ease.

Still crying? Here are tips you can do to help both in and out of lessons:

- **Reinforce positive behaviors** –Continue to reward or encourage enthusiasm and independence for the pool and water. Kids often look to their parents for cues, so your praise and trust can greatly ease the transition!
- **Practice skills at home in the bathtub**– From blowing bubbles to back floats, home practice provides more opportunities to build water confidence in a familiar environment.
- **Come to rec swim!** Like learning any new skill, practice in between classes will exponentially speed up breakthroughs.

My child is more advanced than the other students in their class, but not quite ready for the next level. Will they be challenged?

Since our program is year-round, our levels include a range of students from those who have recently started, to those almost ready to move up.

Don't worry—this is common. Our instructors are trained to both notice skill differences, and to adjust their lessons accordingly to make sure each child gets the attention they need.

Registering for The Next Session

Does my registration roll over?

We understand that life is busy and coordinating school and activities can be quite a balancing act! Because of this, our lessons are sold by the session and **do not** roll over.

Starting 2 weeks before the session's end, previously enrolled participants will be receiving registration notification and reminder emails. This includes information such as pool news and registration links.

How will I know if my child is ready to move to the next level?

Our instructors will provide a report card on the final day of swim lessons declaring what level your child should be in, along with which skills they have accomplished.

Remember—going from blowing bubbles to swimming full laps takes time! Every child learns and progresses at their own speed. Since our program is year-round, there is no rush for them to move up to the next level.

Like any new skill, it is important to develop a strong foundation. Children who take the time to thoroughly grasp each skill before moving up will have faster and more lasting success in the long run than those who rush through skills without mastery.

Can I request my child's favorite instructor for a session?

We understand that different kids respond to different teaching styles. When it is possible, we may try to accommodate preferences. However, we cannot make any guarantees.

I clicked on the online registration link, and no lessons are up. What's up?

Online registration for the current session closes a week into the session. You may still register in-house up until the end of the second week.

When does the next round of classes show up? Online registration for the next session opens 2 weeks before the next session begins.

Want help keeping track? Join our mailing list! You'll receive regular reminders as well as other pool-themed news and notifications. Email Kate at keaneman@ymcasf.org to sign up.

Miscellaneous

Do you offer semi-private or private swim lessons?

Yes! Privates and semi-private lessons can be a great way to supplement skills learned in group lessons or focus on individual needs.

Contact Kate Eaneman, Aquatics Program Director, at keaneman@ymcasf.org for more information.

We'd like to try out for swim team. How do I know if my child is ready?

Prospective swimmers may call or email to schedule a tryout. Generally, they must demonstrate skills like that they can comfortably swim 25 yards each of the 4 traditional racing strokes (freestyle, backstroke, breaststroke, and butterfly), along with proper/legal technique. Swimmers must also demonstrate enough endurance to regularly complete 30 to 45 minutes of swim training.

Interested? Contact our team at ypac@ymcasf.net.