



**Dear Parents and Guardians,**

**Welcome to the Riverbrook Regional YMCA!**

**My staff of trained swim instructors / coaches are committed to making your child's experience, while in lessons, a safe, educational, and fun!**

**Our new programming is brought to you directly from Y-USA. Each program level will teach a progressive lesson throughout the weeks of lessons.**

**In the upcoming pages, more information about our programming will be explained with some detail on our policies while in our lessons.**

**If there are any questions or concerns, please do not hesitate to stop by or email ( [slusher@riverbrookymca.org](mailto:slusher@riverbrookymca.org) ).**

**Thank you for choosing the Riverbrook Regional YMCA for your Aquatic Needs!**

**Samantha Lusher  
Aquatics Director  
404 Danbury Road  
Wilton, CT 06897**

## Aquatic Programming



### **Parent / Child Programming: (6-35 months)** \*Levels based on age\*

#### Water Discovery 1: 6-14 months

*This program introduces and emphasizes basic water safety to parents and provides a positive family aquatic experience.*

<b>Ratio:</b>	1 Instructor : 10 Swimmers
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#### Water Discovery 2: 15-23 months

*This program builds relationships among and between parents and children by providing opportunities for fun and interaction in the water.*

<b>Ratio:</b>	1 Instructor : 10 Swimmers
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#### Water Exploration: 24-30 months

*In this stage, children focus on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.*

<b>Ratio:</b>	1 Instructor : 10 Swimmers
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#### Water Acclimation: 31-36 months

*This stage increases students' comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.*

<b>Ratio:</b>	1 Instructor : 10 Swimmers
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### **Pre-School Programming: (3-5 years)** \*Levels based on ability\*

#### Water Acclimation

*This stage increases students' comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.*

Prerequisite: NONE

<b>Ratio:</b>	1 Instructor : 4 Swimmers
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#### Water Movement

*In this stage, students focus on forward movement in water and basic self-rescue skills performed independently.*

Prerequisite: Be able to independently swim 5ft on front and back

<b>Ratio:</b>	1 Instructor : 4 Swimmers
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## Water Stamina

This stage develops forward movement on the front and back, while integrating arm action, leg action, and rhythmic breathing in back and front glides.



Prerequisite: Be able to independently swim 15ft on front and back

<b>Ratio:</b>	1 Instructor : 4 Swimmers
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## Stroke Introduction

This stage introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Prerequisite: Be able to independently swim 15yd (45ft) on front and back

<b>Ratio:</b>	1 Instructor : 4 Swimmers
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## **Youth Programming: (6-12 years)**

*\*Levels based on ability\**

### Water Movement

In this stage, students focus on forward movement in water and basic self-rescue skills performed independently.

Prerequisite: NONE

<b>Ratio:</b>	1 Instructor : 4 Swimmers
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### Water Stamina

This stage develops forward movement on the front and back, while integrating arm action, leg action, and rhythmic breathing in back and front glides.

Prerequisite: Swim independently on front and back 15ft

<b>Ratio:</b>	1 Instructor : 4 Swimmers
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### Stroke Introduction

This stage introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Prerequisite: Swim independently on front and back 25yd

<b>Ratio:</b>	1 Instructor : 6 Swimmers
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## Stroke Development:

This stage introduces breaststroke and butterfly and reinforces water safety through treading water and side stroke.

Prerequisite: Swim independently Freestyle 25yds, Backstroke 25yds, Breast Stroke 12yds



<b>Ratio:</b>	1 Instructor : 6 Swimmers
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## Stroke Mechanics:

This stage refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Prerequisite: Swim independently Freestyle 25yds, Backstroke 25yds, Breast Stroke 25yds, Butterfly 12 yds

<b>Ratio:</b>	1 Instructor : 4 Swimmers
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## Private /Semi-Private Lessons: (Ages 3+)

<b>Ratio:</b>	Private Lesson: 1 Instructor : 1 Swimmers Semi-Private Lesson: 1 Instructor : 2 Swimmers
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## **Non-Competitive Swim Teams:**

An entry level pre-competitive program designed for the 10& under swimmer who is serious about becoming a Wahoo. Swimmers will have the opportunity to practice three times per week for one hour. Wahoo Academy swimmers will learn the proper stroke technique of all four competitive strokes, streamlining, and basic diving in preparation for racing starts in a fun and creative environment. Swimmers will participate in one mini swim meet at the end of each session. Swimmers new to the program must be evaluated by a member of the Wahoo coaching staff or Aquatics Department prior to enrollment.

Prerequisite: Swim independently on front and back 25yd

Junior Bronze: 5-7 years

Bronze: 8-10 years

## **Policies:**

### *Building Closures / Lesson Cancellations*

In event of facility closure due to equipment failure, accidents in pool area, or inclement weather, the Riverbrook Regional YMCA reserves the right to cancel a scheduled class. A makeup lesson will be offered within the session to accommodate the closure. Contact will be made by phone as well as email. Please make sure the information on your families account is accurate.



Our programs follow the Wilton Public School calendar. If the Wilton schools are delayed in the early morning, our swim lessons will be canceled and rescheduled. If schools are canceled our swim lessons will be canceled for the full day, and will be rescheduled.

### *Make up Lessons*

Make up lessons will only be offered if a class is canceled due to an above issue. If participant cannot make lesson time or date, no makeup, refunds, or credits will be given.

### *Parent Observation*

In order to give your child the maximum benefit of swim lessons, we require that ALL parents/guardians remain seated in our bleacher section during their child's lesson time. If an issue arises please contact the on deck supervisor who can resolve the issue in a timely fashion. Parents who continually become involved in a swim lesson will be asked to be seated outside the pool area.

### *Pool Procedures*

- Proper bathing suits must be worn, no under garments allowed
- Shoulder length hair should be pulled back or in a bathing cap.
- Soap showers with warm water must be taken before entering the pool
- Lifeguards must be on duty before entering the pool area
- No inflatables, noodles, beach toys, water wings, beach balls, face masks, snorkels and fins are permitted
- No children in strollers are permitted on the pool deck without supervision at all times
- Persons with severe infections or cuts are not permitted in the pool

## **F.A.Q's**



### **1. What if my child's instructor is absent the day of his/her class?**

*Staff understand the importance of building a relationship with each swimmer in their swim lesson classes. If there so happens to be an emergency, another qualified swim instructor will be put in place to ensure a quality lesson for the participant.*

### **2. How will my child be evaluated?**

*Two weeks prior to the end of the session, each child will be evaluated by the Aquatics Director. Some children will stay in the same level, while others will move to another. This evaluation will also include private and semi-private lessons.*

### **3. How will I know when to register for the upcoming sessions?**

*The week prior to registration, each child will receive a "report card" indicating their level to register for. At that time, a lay out of the upcoming session availability will be attached so the participant can be ready for the following week of registration.*

For any further questions or concerns please contact:

**Samantha Lusher**

**Aquatics Director**

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