



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Welcome to Swim Lessons at the Jackson YMCA!

We are very excited to have you swim with us this Session. We believe that learning to swim is an essential life skill, and we strive to make our lessons **accessible and affordable for ALL.**

Our three goals for Swim Lessons are:

- 1 LEARN NEW SKILLS**
- 2 MAKE NEW FRIENDS**
- 3 BUILD CONFIDENCE IN AND AROUND THE WATER**



Helpful Information:

- Please plan on arriving at the Y 10-15 minutes before your scheduled lesson start time.
- Please bring a swim suit, towel, swim diaper (if applicable), and goggles (optional).
- If you are a Y member please check in at the front desk (located on Franklin St.) with your Y card when coming in for lessons.
- If you are not currently a Y member please stop at the front desk and be prepared to show your photo ID and sign in before your lesson. Please make sure you also have a current waiver on file. [You can get more information on Y membership and other programs at the front desk.](#)
- Parents are required to stay in the pool area during lessons for all children under 8 years old

All Students will learn these Bench Mark Skills for Water Safety:

- Jump, Push, Turn, Grab
- Swim, Float, Swim

Parent Child Lessons and Preschool Level 1 –3 will be in the small pool. School Age, and Teen/Adult lessons will be in the large pool. There are 3 locker room options, Boys, Girls, or community. There is deck seating available in both pool areas. Lifeguards, swim instructors, and other Aquatics Staff will be available during lessons to answer any questions. See back for list of Y Pool Rules.

Please contact Aquatics Director, Alexa Markham, or
Aquatics Program Supervisor Emily Ahlbaum with any questions:

alexa@jacksonymca.org emily@jacksonymca.org 517.782.0537

Information about Financial Assistance & our Free Safety Around Water Programs is also available!