Swim Lessons – COVID Safe

Frequently Asked Questions

Visit [http://www.ykfitness.org/aquatics](http://www.ykfitness.org/aquatics) for specific schedules, age categories, etc.

**What class should I register for?** Classes are separated by age and skill level. Review swim class descriptions and class prerequisites at [http://www.ykfitness.org/aquatics](http://www.ykfitness.org/aquatics). If you are still not sure try our Swim Placement Survey or contact Stacey at [ykfc@cityofbethel.net](mailto:ykfc@cityofbethel.net).

**What will students learn?** While specific skills taught vary by level all classes will include both swim skills and water safety skills. For further details Review swim class descriptions and class prerequisites at [http://www.ykfitness.org/aquatics](http://www.ykfitness.org/aquatics).

**What COVID-19 safety policies are in place?**

- **Vaccination Required:** Both instructors and students are required to be fully vaccinated (final shot + 2 weeks) by the first day of swim class.

- **Minimal Contact:** For everyone’s safety Instructors will limit direct contact with swimmers as much as possible.

- **Face Masks:** Everyone in the facility is required to wear a mask. Swimmers should wear their mask in the locker room and while walking on the pool deck. Masks can be placed on the bench/table while swimming.

- **Social Distancing:** Participants are expected to maintain social distance between themselves and anyone not in their household in the locker room, on deck, and while swimming.

**What should participants wear?** All swimwear must be made of non-cotton materials. Participants should wear non-cotton swimwear that they are comfortable in and that allows for vigorous, free movement of legs and arms. Swimmers should not wear any items that restrict movement. Strategies for swimmers who easily get chilled include wearing a swim cap, wearing a rashguard style shirt, or wearing a wetsuit. If shirts or wetsuits are worn please make sure swimmer can rotate their arms at the shoulder and that items are non-cotton materials as cotton fibers clog filters.

Swimmers with long hair should wear hair pulled back with a hair tie or wear a swim cap.

**Are goggles needed?** Beginners do not need goggles, though some swimmers are more comfortable wearing goggles. Instructors may require some skills be performed without goggles. Advanced swimmers should wear goggles to improve vision and reduce impact of chemicals on eyes. Goggles should cover eyes only. Masks that cover the nose will not be allowed during instruction as they interfere with learning proper breathing techniques.

**Is the pool open during lessons?** The pool is open during lessons, but patrons will be required to follow current pool reservation policies to swim outside of the lessons. Swimmers waiting for lessons to begin should wait on the benches or other location specified by instructor.

**Registration**

- **Who can register for swim lessons?** Classes are open to anyone who is fully vaccinated against COVID-19.

- **Do you have to register?** Yes. Swim Lessons are progressive and require registration.

- **Can I register for multiple classes?** Yes (within the appropriate age group/skill level)

- **How long is registration open?** Registration is open until the class is full or through the 2nd day of class.

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Can I register now and pay later? No. Payment is required to reserve a spot.

Are there discounts available? Through generous programs with the American Red Cross and The YK Delta Lifesavers Foundation we are currently able to offer swim lessons at significantly discounted rates. Additional discounts are not available at this time. If class fees are a barrier to participation please contact Stacey at ykfc@cityofbethel.net or 543-0390.

Is there a discount if I register late? Late registrations are not prorated.

Attendance

If I need to miss a day, can I make it up? No, makeup up sessions are not available for missed classes.

If I cannot come to my scheduled class can I attend a different one instead? No. Participants may only attend the day they are registered for.

Are parents, siblings or guests allowed to watch? Non-participants may watch the class only if their presence does not exceed space capacity, they wear a mask, remain at least 6 ft from the instructor and other participants, and do not interfere with instruction. If swimmers are distracted from class we may ask guests to exit the pool area.

Non-participants must comply with all facility access policies.

Non-participants who wish to swim during class must check in with the desk under their membership or purchase a day pass and follow current pool reservation policies. Swimmers may not interfere with instruction.

Can I leave while my youth is in class? Preschool classes: No. We appreciate parents remaining poolside and available if needed for bathroom breaks, emotional support, etc.

Youth Classes: Youth under the age of 11 must have an adult in the building in case of emergency.

Youth age 11+ may attend class without an adult.

Can I workout during my youth’s class? Preschool classes: No. We appreciate parents remaining poolside and available if needed for bathroom breaks, emotional support, etc.

Youth age 6+: Members or day pass holders are welcome to work out while their participant is in class, but we ask that you let the instructor know where to find you in the event of an emergency. Please be sure to return to the pool area by the end of class, participants may not swim alone while waiting for guardian unless they meet exemption criteria.

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