



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

General F.A.Q.

1. **Price of admission for Aquatic Center**
 - a. **Schertz Resident: Individual \$6.00 or Family \$15**
 - b. **Community: Individual \$10.00 or Family \$20.00**

2. **What is the temperature of the pool?**
 - a. **Community Pool is kept between 80-82 degrees**
 - b. **Leisure Pool is kept between 84 degrees and 86 degrees**

3. **Is the pool chlorine or saltwater?**
 - a. **Our pool is chlorine, and we have a pool company that helps us maintain our pools along with staff who are certified POOL Operators.**

4. **What is the length of the community pool?**
 - a. **Community Pool is 25 yards length**

5. **How far would you have to swim to swim a mile?**
 - a. **It will take you 1650 yards to swim a mile**
 - b. **You would have to swim 33 laps (there and back) for it to be a mile.**

6. **What are the depth's of the pool?**
 - a. **Community Pool (8 lanes) goes from 4ft to 7ft.**
 - b. **Leisure Pool goes from 3.5ft. to 4.5ft.**

7. **Are there diving boards or starting blocks?**
 - a. **No, we do not have diving boards.**
 - b. **Starting blocks are only allowed for swim team or for Y staff instructed classes.**

8. **I have a child that is (6 months to 3 years old). Can you recommend a program for me?**
 - a. **We offer a Parent-Child Classes:**
STAGE A:
A / Water Discovery: Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.
Qualifications: None
Swim Starters: Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

STAGE B:



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

B / Water Exploration: In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Qualifications: Water Discovery

Swim Starters: Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

b. Open swim, parent/guardian must be in arm's reach of child.

9. I have a child who is (3 years to 5 years old). Can you recommend a program for me?

a. We offer Group Swim lessons:

STAGE 1: Water Acclimation: In this beginning class, children develop comfort with being underwater and learn how to safely exit in the event of falling into a body of water.

Qualifications: None

Swim Basics: Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit

- Jump, push, turn, grab

STAGE 2: Water Movement: In this class, children are taught skills that focus on buoyancy and movement in the water while also learning how to safely exit in the event of falling into a body of water.

Qualifications: (1) able to go under water & comfortably open eyes without goggles, (2) able to float on front & back with minimal assistance, (3) able to jump in the pool, submerge & return to the wall with assistance.

Swim Basics: Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit

- Jump, push, turn, grab

STAGE 3: Water Stamina: In this class, children focus on swimming longer distances. In the event of falling into a body of water, children learn how to swim to safety.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Qualifications: (1) able to float on front & back unassisted, (2) able to push off the wall on stomach with face submerged for 10 feet unassisted, (3) able to Swim-Float-Swim 15 feet unassisted, (4) able to jump into deep water and return to the wall unassisted.

Swim Basics: Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

STAGE 4: Stroke Introduction: Students in this class will develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Qualifications: (1) able to submerge & retrieve an object in chest deep water, (2) able to swim front crawl 15 yards while taking a breath, (3) able to Swim-Float-Swim 15 yards, (4) able to jump in & tread water for 30 seconds (5) able to swim to wall & exit.

Swim Strokes: Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

b. Open swim, pool rules need to be followed.

10.I have a child who is (6 years to 12 years old). Can you recommend a program for me?

a. We offer School Age swim lessons:

STAGE 1: Water Acclimation: In this beginning class, children develop comfort with being underwater and learn how to safely exit in the event of falling into a body of water.

Qualifications: None

Swim Basics: Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

STAGE 2: Water Movement: In this class, children are taught skills that focus on buoyancy and movement in the water while also learning how to safely exit in the event of falling into a body of water.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Qualifications: (1) able to go under water & comfortably open eyes without goggles, (2) able to float on front & back with minimal assistance, (3) able to jump in the pool, submerge & return to the wall with assistance.

Swim Basics: Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit

- Jump, push, turn, grab

STAGE 3: Water Stamina: In this class, children focus on swimming longer distances. In the event of falling into a body of water, children learn how to swim to safety.

Qualifications: (1) able to float on front & back unassisted, (2) able to push off the wall on stomach with face submerged for 10 feet unassisted, (3) able to Swim-Float-Swim 15 feet unassisted, (4) able to jump into deep water and return to the wall unassisted.

Swim Basics: Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit

- Jump, push, turn, grab

STAGE 4: Stroke Introduction: Students in this class will develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Qualifications: (1) able to submerge & retrieve an object in chest deep water, (2) able to swim front crawl 15 yards while taking a breath, (3) able to Swim-Float-Swim 15 yards, (4) able to jump in & tread water for 30 seconds (5) able to swim to wall & exit.

Swim Strokes: Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

STAGE 5: Stroke Development: Students will work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke

Qualifications: (1) able to front crawl & back crawl 25 yards, (2) able to swim breaststroke kick and dolphin kick 15 yards (3) able to tread water using multiple kicks for 1 minute.

Swim Strokes: Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAGE 6: Stroke Mechanics: In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Qualifications: (1) able to swim front crawl with bent arm recovery & rotary breathing for 25 yards, (2) able to swim back crawl with stroke rotation for 25 yards, (3) able to swim butterfly with over arm recovery, (4) able to swim breaststroke for 25 yards achieving stroke rhythm, (5) able to dive from kneeling position.

Swim Strokes: Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

b. Free swim is available; follow swim test rules.

11. I have a teen/young adult who is (13 years to 17 years old). Can you recommend a program for me?

a. We offer teen/adult swim lessons:

STAGE 1: Water Acclimation: In this beginning class, children develop comfort with being underwater and learn how to safely exit in the event of falling into a body of water.

Qualifications: None

Swim Basics: Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit

- Jump, push, turn, grab

STAGE 2: Water Movement: In this class, children are taught skills that focus on buoyancy and movement in the water while also learning how to safely exit in the event of falling into a body of water.

Qualifications: (1) able to go under water & comfortably open eyes without goggles, (2) able to float on front & back with minimal assistance, (3) able to jump in the pool, submerge & return to the wall with assistance.

Swim Basics: Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

- Jump, push, turn, grab

STAGE 3: Water Stamina: In this class, children focus on swimming longer distances. In the event of falling into a body of water, children learn how to swim to safety.

Qualifications: (1) able to float on front & back unassisted, (2) able to push off the wall on stomach with face submerged for 10 feet unassisted, (3) able to Swim-Float-Swim 15 feet unassisted, (4) able to jump into deep water and return to the wall unassisted.

Swim Basics: Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

STAGE 4: Stroke Introduction: Students in this class will develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Qualifications: (1) able to submerge & retrieve an object in chest deep water, (2) able to swim front crawl 15 yards while taking a breath, (3) able to Swim-Float-Swim 15 yards, (4) able to jump in & tread water for 30 seconds (5) able to swim to wall & exit.

Swim Strokes: Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

STAGE 5: Stroke Development: Students will work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke

Qualifications: (1) able to front crawl & back crawl 25 yards, (2) able to swim breaststroke kick and dolphin kick 15 yards (3) able to tread water using multiple kicks for 1 minute.

Swim Strokes: Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

STAGE 6: Stroke Mechanics: In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Qualifications: (1) able to swim front crawl with bent arm recovery & rotary breathing for 25 yards, (2) able to swim back crawl with stroke rotation for 25 yards, (3) able to swim



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

butterfly with over arm recovery, (4) able to swim breaststroke for 25 yards achieving stroke rhythm, (5) able to dive from kneeling position.

Swim Strokes: Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

- b. A swim team program will be offered during the 2017-2018 School Year. The child will learn fun things like practicing their swimming strokes, performing relay races and more! Competing is also an option.**
 - c. Master's Swim Team will be implemented later in Spring of 2017**
 - d. Free swim is available for the youth if they pass a swim test and earn a yellow or green wristband along with a parent/guardian (18 yrs and older) is in the YMCA primissis.**

- 12. I am an adult and I want to do less strenuous exercise. Do you offer anything that could help me?**
 - a. We have water aerobics, aqua toning, and water arthritis.**

- 13. I am an adult and I want to do more strenuous exercise. Do you offer anything that could help me?**
 - a. We offer a variety of Water Aerobics Classes that can challenge any swimmer.**
 - b. Lap swim is available; with a workout plan your body can be challenged.**

- 14. Do you have any options for seniors...just seniors?**
 - a. Yes we have water aerobics, water arthritis, and aqua toning all great programs, where all programs can be modified for your needs.**

- 15. I have a special needs child/adult/friend/ect. Do you have someone that can work with them?**
 - a. We offer private lessons for individuals with special needs. More information will be needed at the time of registration for the instructor.**

- 16. Do you have wheelchair access?**
 - a. Yes, wheelchairs do have access in our building.**
 - b. We do have a chair lift for each pool along with stairs going into the activity pool.**

- 17. Do you have lockers?**
 - a. Yes, we offer lockers for the day you will have to bring your own lock, but we do ask to take your things home with you when you leave.**
 - b. The YMCA is not responsible for lost or stolen items.**



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

18. Can I bring my own food and beverage into the aquatic center?
- Drinks are allowed in a closed container and we do **NOT** allow food in the facility.
19. Are there designated places to eat?
- Yes, inside the YMCA main building in the entryway, on the splash pad or in the patio area outside the aquatic center.
 - NO FOOD ALLOWED IN THE AQUATIC CENTER.**
20. If I am under the age of 18 and have not taken a swim test but want to go in the deep end, when can I do that?
- We offer swim test between the ages of 6- 16. After completing a swim test and passing, you will be allowed in the designated areas.
21. I am 18 years or older. Do I need to swim test?
- No, you do not but we will be more than glad to evaluate you.
22. Are there lifeguards available?
- Yes, lifeguards will be on duty from open to close.
23. May I drop my child off during your recreational swim hours?
- Yes, if they are 7yrs old, passed a swim test (green wrist band) and the parent is inside YMCA facility. The child who is 7yrs to 12yrs who does not pass a swim test will be required to have a parent/guardian inside the aquatic center. A child who is 6yrs and under is required to have a parent in the water with them, NO exceptions.
24. I want to have a birthday party for my young child. What do you offer for parties?
- Yes, we do offer birthday and pool parties. Please see flyer for more information on packages and prices. (Party packages will come by February)
25. I would really like to do Master Swimming, Aerobic and Lap Swimming. Do you offer anything for me?
- We have a ton a different pool activities that could accommodate all of those things. We offer lap swim, swim fit, aqua toning, water aerobics, and water arthritis.
 - Master Swimming will be introduced in our facility Spring of 2017
26. How do I contact you?
- Deseret Dawkins is the Aquatic director her email is deseretd@ymcasatx.org
 - 619 Westchester Dr., TX 78154. Phone number (210)619-1900



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Schertz Family YMCA Swim Lesson Class/Pool Rules

Youth Safety Guidelines

1. Participants under the age of 18 must successfully complete a swim test before using the pool. Wristbands must be worn to gain access to the pool.
2. A parent must be in the water within arms reach of a child ages 5 and under.
3. Parents may sit on the edge of pool if child ages 5-6 have successfully completed a swim test.
4. Children ages 7-12 may use the swimming pool with a parent in the YMCA facility and only after successfully completing a swim test.
5. Participants who do not successfully complete the swim test must be accompanied by a parent/guardian and may be asked to wear a coast guard approved life jacket.
6. Children may use non-inflatable flotation devices as long as accompanied by an adult within arms reach at all times.

General Pool Rules

1. Follow lifeguard instructions at all times.
2. For your safety, running and horseplay are not permitted.
3. Do not stand on the blue wall.
4. Keep off lane line and lifelines.
5. Diving, flipping or jumping backwards is not permitted.
6. Breath holding and prolonged underwater swimming is prohibited.
7. Lap lanes are for lap swim only. Please circle swim so others may share the lane.
8. No food or beverages allowed in the pool. Glass is not permitted on the deck.
9. In case of inclement weather, the pool will close for 30 minutes after the last sign of the storm. Signs of a storm include, but are not limited to thunder, lighting, and hard rain.
10. Appropriate swim attire only; cut-offs and denim shorts are prohibited. All swim attire must be



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

<p>7. Children who are not potty trained must wear approved swim diapers. Diapers and swim diapers must be changed in appropriate changing places.</p>	<p>appropriate to maintain a family environment. Bathing suits must be worn.</p> <p>11. Any rule violation or unsafe behavior that compromises pool safety could result in removal from the facility.</p>
--	---