



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

IT'S SWIMMING TIME AT PRESCHOOL

Swimming is fun but also an important skill that will last them a lifetime. Children will gain self-confidence, self-reliance and the ability to listen and follow instructions.

On swim day children should wear their bathing suit under their clothing and bring their underwear and towel in a bag. Children with long hair should wear it either braided, in a ponytail or pinned up. Clothing for swim day should be easy for children to put on and take off. Sweat pants and shirts are the easiest for children and will encourage them to dress themselves. Please have children bring a bath size towel. A beach towel is too long and can be difficult for them to handle walking to and from the locker area. The child's name printed on the towel is helpful, too.

All preschool families are asked to help with the swim program on a rotating schedule, about once a month. We need you to be spotters at the pool and to help the children dress. Two mothers will meet the children before the start of class and walk with them from preschool to the family changing room. They will help the children get ready to swim and also accompany the children to the pool and act as the pool spotters. The responsibility of a pool spotter is to act as an extra set of eyes while the children are in the water. You are not required to swim.

After swim class, mothers will walk back to the family changing room with the children and help them dress. At this time the teacher will also be dressing so one of our teacher assistants will join the group to help. When some of the children are ready, the teacher may take them to the hair dryers and as the others finish they will follow. When the children have finished changing and drying their hair, they will stay seated on the floor until it is time to return to class.

The help and cooperation of parents is very important to a safe and smooth running swim program. Please, if for some reason you are not able to make it on your assigned day, call another parent in your child's class. The class list with phone numbers will make this easier for you.

A swim helper schedule for three months will be in your child's mailbox in the coming weeks. And the sign up sheet will be posted by your child's classroom door.

Occasionally a child may display signs of fearfulness of swimming class. If this happens, please tell your child's teacher. We will work with you to keep a positive attitude and encourage your child to participate in swim class. With patience the fears of the child are soon diminished and swimming becomes a fun learning experience.

YMCA of GREATER WESTFIELD
"A Westfield family tradition for over 120 years"
67 Court Street, Westfield, MA 01085
(413) 568-8631 fax (413) 572-3995
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Children are excused from swim class with a doctor's note only. If you feel your child is too ill to swim, we feel that he/she is too ill to be in school.

Because swimming takes up a good portion of a preschool session, children will not have outside play on their swim day. Swimming may occasionally be canceled if a field trip or special visitor is scheduled.

Thank you for your help and cooperation. Please remember that although lessons are progressive, that development and endurance is individual and comes with age, while repetition helps to maintain and perfect skills. If you have any questions or concerns, please speak with your child's teacher, the preschool director, or the aquatics director.

Skills that we will be developing over the next few months are:

An understanding of pool safety rules

Turn-taking

Listening and following directions

In the pool the skills are:

Safety slide into the pool

Ability to hold wall and stay in water for the lesson

Intro to floating - back

Kicking techniques

Arm strokes - reaching and pulling

Blowing bubbles and getting faces wet

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