

# YWCA SWIM LESSONS

## What should I expect?

### Getting to Lessons

**Location: 130 East Ave in Lewiston (Next to Lewiston High School)**

When you walk in, you will be greeted by the front desk. They can remind you of the class you registered for by simply looking up your child's last name. They are happy to help you and your swimmer find the locker rooms if needed.

Helpful Tip: Screenshot your class title on RecDesk! All program titles have the instructor's name listed in them, so it can help you find the right class. Most instructors have their names on the backs of their shirts.

### First Day Play-by-Play

You will walk in and be greeted by the front desk. You do not need to check in with them and can head straight down to the pool area, if you already know where you're going; however, the front desk can answer any questions you have before heading down to the pool area.

There will be lifeguards on the pool deck who can help point out your instructor on the first day, if you know their name but not their face. Please note that lifeguards' primary responsibility is guarding and they should have minimal distractions, so their interactions with you will be brief.

**Locker rooms** (Located in the back hallway of the building)

- We have three separate locker rooms: A women's locker room, men's locker room, and "companion" locker room (gender neutral). All have showers, changing stalls, bathrooms, and changing tables. Please use the locker room you feel most comfortable in.
- The men's and women's locker room have limited lockers available. Feel free to use one of the other locker rooms to store belongings or bring them on the pool deck with you, if no lockers are currently available.
- Each locker room has a door that will lead you directly to the pool deck. No outside shoes are allowed on the pool deck.

**It's time for class!**

- All you need for class is your bathing suit (and a towel for after!)
- If possible, identifying your teacher can help you be ready for when your class starts. Your class name on RecDesk will include the name of your instructor. The front desk staff can help identify your instructor from the viewing area, or you can quickly ask a lifeguard or pool staff to identify your instructor if you know their name.
- Students should plan to be on the pool deck, in their bathing suit, ready to begin about 5 minutes before their class starts. Instructors will wave them over when their class starts.
- Parents, siblings, and other viewers can either sit on the bleachers in the pool area during the lesson, or view from the lobby viewing area. No child should be left unattended in the building in case of an emergency.

**Class is over**

- Meet your child on the pool deck, guide them to your desired locker room, and help them shower/change before heading out of the building. If you ask nicely, the front desk may even give you a sticker for a job well done!