



WEST COOK YMCA

**Swim Lesson
Welcome Packet**

Welcome to the West Cook YMCA!

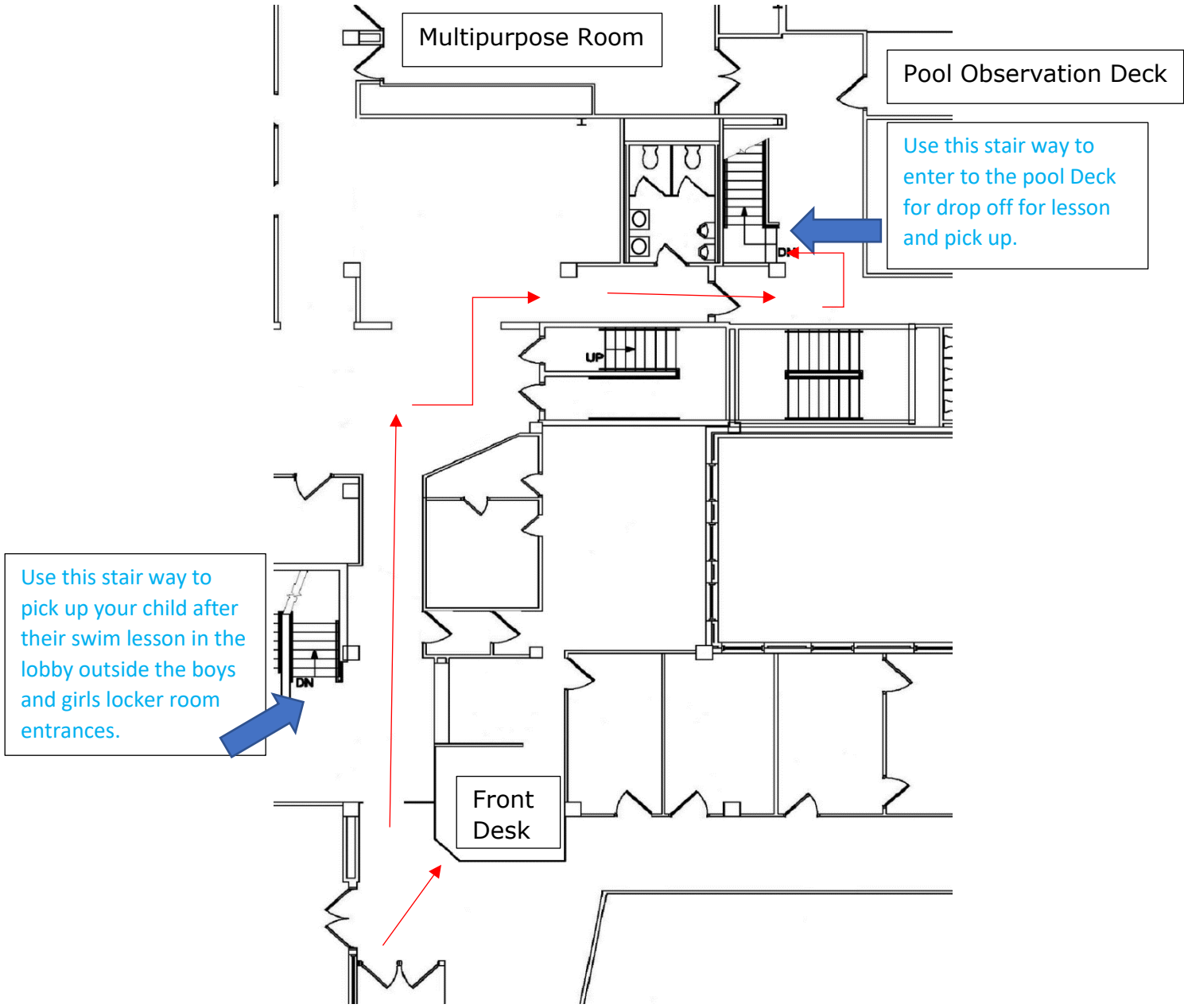
Daily Class Information

In an effort to create a safe and smooth experience for each day of programming, please read through this welcome packet. This Welcome packet includes items to bring, how to navigate the facility and meet on the pool deck, and what to expect for safety practices. If you have any questions, please email us at aqautics@westcookymca.org.

West Cook Y Amenities	What to Bring	What not to Bring
Locker Rooms	Bathing Suit	Electronics/Phones
Showers	Towel (Remember! Towels are located at the front desk if you forget yours at home)	Valuables
Lockers	Goggles	Toys
Towels	Flip Flops	Games

1. Please arrive 10 to 15 minutes prior to your scheduled class time. Upon arrival, please check in at the membership desk and walk down the stairs to the pool deck. We ask that your swimmer comes water ready, swimsuit on, and coming a few minutes early provides time to hang up belongings on the on-deck hooks. Locker rooms and on deck changing areas will be available after the lesson.
2. Please meet the Aquatic leadership staff at the Swim Lesson Check In area to the left of the pool deck entrance. Aquatics leadership will share where your swimmer will meet their instructor. Instructors will be at these spaces ready to confirm participant attendance. Please be sure that when on the pool deck all should wear masks, masks are not to be worn in water for the lesson. Instructors will be wearing face shields.
3. Once swimmers are at their designated space, parents are welcome to meet on the second level bleachers to observe the lesson. In order to maintain the safest environment possible, the deck should only be used by participants and staff. Parents may be on the deck during drop off and pick up for the lesson.
4. The first session will include an assessment and based on the assessment your child will be placed in a level that will meet their current water confidence and swim ability. This level will be shared with you when you pick up your child on the pool deck at the end of class.
5. Once classes are completed, parents will need to pick up their swimmer from the pool deck to escort to the changing rooms or locker rooms. The graphic below denotes a map on how to get to the pool, and the options for pick up locations. Please check in with Aquatics Staff Leadership upon arrival and they will direct to the correct swim instructor to start the lesson.

Facility Map-Drop off and Pick-up for Swim Lessons



Parking Information

Participant parking is available in the parking lot north of the facility.

