

Carlisle Family YMCA Aquatics

Parent/Child Class

Designed for children 6-36 months

What you should know about the Parent/Child class:

- We require a 1:1 ratio for this class. If you have more than one child, please ask a spouse, relative, or friend to help you. This person should be someone your child trusts.
- This class is not designed to “drown proof” your child. It is to instruct the parent on how to aide their child in water exploration and adjustment.
- The participating parent or legally responsible adult assumes responsibility for monitoring the child’s safety and health prior to, during, and after the class. If a child is not feeling well or has had bouts of diarrhea, please do not bring them to class. We want the pool experience to be a positive one for you and your child. If they are not feeling their best, they may not appreciate the wet, cool environment!
- There are problems that can occur from exposing your child to the water at a young age. These may include ear infections, eye irritation, and respiratory infection. Please check with your child’s doctor before enrolling them in this program.
- Forced submersion or dropping of a child from any height is prohibited in this program. A child should not be submerged until he/she is ready to do so. “Water intoxication” is a condition that can occur when a child ingests water to a point where the electrolytes are disturbed. The symptoms, which may not appear until several hours after swimming, include: restlessness, weakness, nausea, vomiting, muscle twitching, convulsions, and coma.
- Disposable diapers are prohibited in the pool. If your child is not potty trained, they must wear an approved swim diaper that has **snug fitting** elastic around the waist and legs. If your child is potty trained, please make sure you have them visit the bathroom before swimming. Fecal matter in the pool can present a serious health problem to all bathers.
- All participants must use the **Youth Locker Rooms**. Children are not permitted in the adult locker rooms.
- Please do not feed your child snacks while changing in the locker rooms. We work very hard to keep our facility clean. Food should be consumed in the lobby area only.

Thank you for choosing the YMCA for your child’s early experiences with water. We trust it will be a positive and beneficial time for both of you!

You and your child are enrolled in:

Session Dates _____

Day _____

Time _____

