



## Williams YMCA of Avery County Swim Club

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### FAQs/ General Information

*Is there an age limit on who may come?* No, the swim club is open to children of all ages.

*Do you teach children to swim during club time?* No, children should already know how to swim if they want to participate in the club. We offer swim lessons if anyone is interested in signing up their child.

*How much does it cost?* \$10/month for members and \$20/month non-members. Any person(s) coming with swimmers not participating with the swim club will need to pay \$10 if they wish to use the facility; otherwise they may watch in the pool area or wait in the lobby area upstairs.

*What does it mean to be a part of the club?* The club is designed to bring together children so that they may swim with one another and learn from one another. The goal of the swim club is to develop young swimmers into strong swimmers. Friendly competition is to be expected, but certainly not mandated.

*What kind of guidance may be expected from YMCA staff?* Training routines will be prepared ahead of time by the Aquatics Director to be implemented by lifeguards and parents of children if they so choose to help out. Staff will lead the workout by instructing children what sets of swims to do as well as timing lengths/laps. Staff may be in the water from time to time, but most instruction will be given from the pool deck. Primary strokes include front crawl, breast stroke, back stroke and butterfly.

*Will the club have the pool to itself?* No, the YMCA is open to all members during hours of operation. Thus, swim club may need to share lanes together. The best system to use in this situation is the "two lane highway" approach, which simply designates one lane as the "down" lane and the other as the "up" lane with swimmers passing under the lap lane at the end of their length, thereby making a circle.

*What equipment is available at the YMCA?* We have kick-boards and swim buoys. The YMCA does not provide goggles, ear plugs or towels. Swimmers will need to bring their own towel. We have full locker rooms and showers available.

*Will swim club members be engaging in any competitions?* At this point in time no, there are no competitions to be scheduled. However, it is the long term goal of the club to be able to engage in competitive swimming. See Aquatics Director Hannah Taber if you have any questions concerning this matter.

*General Pool Facts:* the pool is 25 yards long, so 32 laps (72 lengths) equals a mile; the pool temperature reads 86 degrees according to our digital thermometer. The pool has a UV filter that aids in water purity, thus we are able to keep a lower chlorine count, which is healthy for the skin and eyes. The pool is subject to the same rules as an outdoor pool with regard to thunder/lightening. Lightening is attracted to large bodies of water regardless of whether or not it is indoors, thus the pool must be closed for 30 minutes after the last lightening strike. We use a digital storm detector to aid in identifying any storms. The pool has water features; club swimmers are free to use the slides after practice is over.