



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

Stephens Family YMCA

Homeschool PE

**Parent Handbook
2024-2025**

Parent Handbook

Welcome to the Stephens Family Y Homeschool PE Program. We are so excited you have decided to join us this year.

This parent handbook is provided so you may have a written copy of all Y Homeschool PE policies and procedures.

CONTACT

For questions about class, please contact Jill Rackow at jill@ccymca.net

For questions about the program or other organizational questions, contact Jacob Meyer at jacob@ccymca.net.

General Guidelines

- If your child has any special needs, please let us know. If your child requires 1:1 support, please plan to either be present or send an aide with them. While we are happy to accommodate special needs as best as we can, we unfortunately do not have the staff at this time to provide 1:1 support.
- Please DO NOT send gum, candy, electronics, or valuables with your child. We will not be responsible for the loss/damage of any electronics. If your child has a phone with them, it must be kept put away.
- Regularly check your email to see if there have been any changes, or if weather permits outdoor activities, and prepare your child's clothing accordingly! We also share information on other opportunities at the Y and the local community in our weekly newsletters.

What to Bring

- Athletic Shoes (please avoid Crocs to prevent ankle, leg, and other injuries)
 - Water bottle
 - Nut-free snack
 - Swim attire: swimsuit, goggles, towel, etc
- NOTE:** Any flotation devices must be US Coastguard Approved.

Schedule

Weekly Sessions & General Schedule

This class will be held on Friday mornings from 10:30-12:30.

- 10:30-11:30: warm up, then PE games and sports, divided into age/ability groups
- 11:30-11:50: clean up/transition to locker rooms and swimming
- 11:50-12:20: free swim in the family pool

Check-In

- Check-in is between 10:20 and 10:30 in the main gym - this session we will have pre-printed nametags for your kids to avoid the traffic jam at the check-in table.

Check-Out

- Check-out is at 12:20 ON THE POOL DECK. You will be responsible for getting your child dressed/through the locker room after checking them out.

Sports

We have found that putting kids in groups according to age, social/emotional maturity, and physical ability works best for participation.

Swimming

1. Changing into swim attire and gear

- a. In order for your child to participate in swimming, **they must be able to completely change into and out of their swim attire on their own.** If they cannot, you're welcome to meet them in the locker room to assist them, but YMCA staff and parent volunteers cannot help children undress or dress.

2. Life Vests and Requirements

- a. **If your child cannot swim, they MUST wear a US Coastguard Approved life vest.** Swimming will begin at 11:50, so if you plan to get in the water with your child, please plan on being on the pool deck then.

3. Swimming Test and Wristband

- a. Any children who want to swim in the deeper part of the family pool, or lap lanes, will be required to pass a swimming test and wear a wristband we provide to them. This test can be administered any week, so if your child wants to work on their skills and take the test a few weeks into the program, that's just fine!

- b. The tests consists of jumping into the deep end of the family pool, surfacing and treading water for 30 seconds, then transitioning to swimming the length of the pool and exiting the water, all without touching the walls/floor and without assistance.

4. Locker Room Etiquette

- a. There are **limited private spaces** in the men's and women's locker rooms for your kids to change clothes. There are more changing stalls in the family locker room, and we recommend this option for families picking up multiple children. We will be supervising in the locker rooms. Please remind your children that there will be other YMCA members in the locker room when discussing where they may feel most comfortable changing. They should know ahead of class whether you want them to change - in the family, men's, or women's locker room.
- b. **Additionally, please discuss proper locker room etiquette with your child.** They need to keep their hands and eyes to themselves, and quickly change out of their clothes/into their suits. They may not walk around the locker room in the nude. We recognize that kids are kids and have different comfort levels with their bodies, and we also expect them to be respectful to those around them.