



Frequently Asked Questions – UPDATED 8.4.23

What are the ages for the Ripples program?

Children 6 mos – 3 are welcome to register for the Ripples program. Children 3 years to 3 ½ years and have been in the program, have the option to continue in the Ripples program. It's best to discuss this with your instructor. They will guide you to the better option for your child.

New Level – Beginner Ripples

What is Beginner Ripples?

This class is for first time Ripples swimmers. These classes are intended for swimmers age 6mos-18mos. Caregivers are instructed on how to gently submerge the swimmer into the water, blow bubbles, front and back kick, assisted back float, and increase overall comfort in water. Instruction includes a less hands-on approach. If your swimmer is returning for a second session and needs a gentler approach, this class is also for you. **Ages, 6mos – 18mos.**

Can I be the swim partner for both my children?

If you have more than one child in the Ripples program, each child will need an adult partner. We encourage the adult swim partner to understand the progression, how to achieve these skills, and enjoying the wonders of the process are brilliant outcomes of the Ripples program. A swim partner can be a related adult, it's not limited to parents only. Hop in aunts, uncles, grandparents, nannies, and besties. Nannies are also a welcome swim partner. The best results are with adults with whom the child trusts. The swim partner should be able to consistently attend the weekly lessons.

UPDATED JANUARY 1, 2023 – Diaper policy

All children in the Ripples program, regardless of being potty trained or not, *must wear two layers*. The two layers are a reusable swim diaper and a disposable swim diaper. Diapers should fit snugly - the parent should be able to squeeze one finger between the child's diaper and thigh.

- The reusable diapers approved by Weymouth Club are the Happy Knappy Swim Diaper, I-Play Swim Diaper, and the Weymouth Club pro shop swim diaper. Adjustable and wrong sized diapers are typically the cause of a "Code Brown." We are diligent about preventing any "accident" and we consider parents our partners in this mission.
- **ABSOLUTELY NO ADJUSTABLE DIAPERS.** Remember: two layers are required, a disposable diaper and a reusable diaper. The child's bathing suit does not count as a preventative layer. Instructors will direct parents to purchase the correct diapers from our pro shop if a layer is missing.
- If a child has two code green/code brown accidents within six months, their participation will be put on hold. Any missed classes due to the hold status, there will be no refund, make-ups, or credits issued.

Is there a lifeguard on duty during class?

Yes, **SAFETY is our #1 PRIORITY.** We always have lifeguards on duty while the pool is in use. Temperature of the pool is 86.

Can I go swimming with my child before or after our swimming lesson?

We love families to practice by swimming an extra day or two but check the pool schedule for open swim availability. Pool usage is for members and if you'd like to explore membership options, email membership@weymouthclub.com

If I withdraw in the middle of the session, do I get a refund?

There are no refunds for withdrawals or absences.

What is the child to instructor ratio?

The Ripples program operates at a 12:1 ratio – we want to dedicate more time to each child, whereby embracing the Weymouth Club mission to deliver a higher quality lesson and with a personalized experience for each family/child.

Does the curriculum change?

We are constantly evolving the curriculum to provide the best lessons for our swimmers. Following the latest research in child psychology and physiology, as well as testing teaching methodology, we are diligently focused on improving the program for all levels of swimming at Weymouth Club.

- Collectively, among the program managers, instructors, and coaches, *we have over 300 years of combined aquatics experience*. Our mission is to deliver the **Best of the Best** Aquatics program by building a team of industry leaders, champion swimmers, and accomplished coaches.

Can we change out of our swimming suits after class?

Yes - we have changing tables and deck cabanas available for you and your child to change back into your clothes. The Family Locker Room has dedicated changing rooms and changing tables. The MA DoH does not permit changing on the pool deck, please use the cabanas or the locker rooms.

Weymouth Club invested \$1,000,000 to renovate the Main Women's & Men's Locker Rooms. The new locker rooms are MEMBER ONLY facilities. Non-members should use the Pool Locker Rooms by the 8Lane/Lap Pool.

• Beginner Ripples – NEW LEVEL (Fall 2023)

- Water acclimation
 - Blowing bubbles
 - Splashing
 - Kicking
 - Assisted back float
 - Full gentle submersion
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- ***Ripples 1***
 - Assisted back float with ears in the water
 - Full submersion in water
 - Breath control
 - Blow bubbles
 - Climb out of the water safely
 - Assisted sitting jumps
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- ***Ripples 2***
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 - Assisted to independent back float with ears in the water
 - Assisted front float
 - Assisted kick on back with ears in the water
 - Assisted to independent rollover
 - Full submersion from wall (sitting to standing)
 - Retrieve rings from the bottom of the dock
 - Climb out of water independently
 - Introduction to pulls, i.e. scoops (the propulsion phase of the stroke)
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- ***Ripples 3***
 - Independent back float
 - Independent rollover and float for 20 seconds
 - Independent “pulls/scoops” from the dock to caregiver, then wall to dock
 - Independent kick on back
 - Retrieve ring from bottom of pool
 - Standing jump, to rollover and float independently for 20 seconds
 - Follow directions, pool safety, dock safety
 - Develop independence from parents to prepare for Splash classes