



















Dear Parents,

Thank you for your child’s participation in our YMCA swimming lesson program. This parent letter is to provide you information about our program. The following skills will be worked on during each lessons according to the level your child is registered.

SWIM STARTERS

Water Discovery




























Water Exploration

A / WATER DISCOVERY	B / WATER EXPLORATION
 Blow bubbles on surface, assisted	 Blow bubbles mouth & nose submerged, assisted
 Front tow chin in water, assisted	 Front tow blow bubbles, assisted
 Water exit parent & child together	 Water exit assisted
 Water entry parent & child together	 Water entry assisted
 Back float assisted, head on shoulder	 Back float assisted, head on chest
 Roll assisted, back to front & front to back	 Roll assisted, back to front & front to back
 Front float chin in water, assisted	 Front float blow bubbles, assisted
 Back tow assisted, head on shoulder	 Back tow assisted, head on chest
 Wall grab assisted	 Monkey crawl assisted, on edge, 5 ft.

LEVEL 1 Water Acclimation

LEVEL 2 Water Movement

LEVEL 3 Water Stamina

1 / WATER ACCLIMATION	2 / WATER MOVEMENT	3 / WATER STAMINA
 Submerge bob independently	 Submerge look at object on bottom	 Submerge retrieve object in chest-deep water
 Front glide assisted, to wall, 5 ft.	 Front glide 10 ft. (5 ft. preschool)	 Swim on front 15 yd. (10 yd. preschool)
 Water exit independently	 Water exit independently	 Water exit independently
 Jump, push, turn, grab assisted	 Jump, push, turn, grab	 Jump, swim, turn, swim, grab 10 yd.
 Back float assisted, 10 secs., recover independently	 Back float 20 secs. (10 secs. preschool)	 Swim on back 15 yd. (10 yd. preschool)
 Roll assisted, back to front & front to back	 Roll back to front & front to back	 Roll back to front & front to back
 Front float assisted, 10 secs., recover independently	 Front float 20 secs. (10 secs. preschool)	
 Back glide assisted, at wall, 5 ft.	 Back glide 10 ft. (5 ft. preschool)	
	 Tread water 10 secs., near wall, & exit	 Tread water 1 min. & exit (30 secs. preschool)
 Swim, float, swim assisted, 10 ft.	 Swim, float, swim 5 yd.	 Swim, float, swim 25 yd. (15 yd. preschool)

























Swim Goggles are highly encouraged for levels 1-6 and can be purchased at the desk.

LEVEL 4 Stroke Introduction

LEVEL 5 Stroke Development

LEVEL 6 Stroke Mechanics

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4 / STROKE INTRODUCTION	5 / STROKE DEVELOPMENT	6 / STROKE MECHANICS
 Endurance any stroke or combination of strokes, 25 yd.	 Endurance any stroke or combination of strokes, 50 yd.	 Endurance any stroke or combination of strokes, 150 yd.
 Front crawl rotary breathing, 15 yd.	 Front crawl bent-arm recovery, 25 yd.	 Front crawl flip turn, 50 yd.
 Back crawl 15 yd.	 Back crawl pull, 25 yd.	 Back crawl pull & flip turn, 50 yd.
 Dive sitting	 Dive kneeling	 Dive standing
 Resting stroke elementary backstroke, 15 yd.	 Resting stroke sidestroke, 25 yd.	 Resting stroke elementary backstroke or sidestroke, 50 yd.
 Tread water scissor & whip kick, 1 min.	 Tread water scissor & whip kick, 2 mins.	 Tread water retrieve object off bottom, tread 1 min.
 Breaststroke kick, 15 yd.	 Breaststroke 25 yd.	 Breaststroke open turn, 50 yd.
 Butterfly kick, 15 yd.	 Butterfly simultaneous arm action & kick, 15 yd.	 Butterfly 25 yd.

COMMUNICATION: It is very important to us at the YMCA to have good communication with all who participate in our programs. Please be sure to let us know of any questions or concerns you may have. We are happy to help. Please try and ask questions or bring up concerns to the instructor before class, after class or by email.

Note: Please use the locker rooms to enter pool area. (*The Emergency door is only to be used for emergencies and certain YMCA staff.*)

Out of respect for the pool area, please remove your shoes prior to leaving the locker room. No shoes in the shower rooms or on the pool deck.

HOT TUB RULES: During swim lessons members/guest 16 years and older are welcome to use the hot tub.

Children under 16 years can enjoy the hot tub **only** if parent is also in the hot tub during swim lessons.

(Monday 3:30-5:30pm, Tuesday 3:30-5:30pm, Thursday 10-11am/3:30-5:30pm, Saturday 10-11am)

We often only have one lifeguard on during swim lessons and they need to focus all their attention on the pool. Thank you for understanding this important safety policy.

Parents are welcome to view lessons **but must stand on the deck by the locker rooms**. This is to allow proper sightlines for our lifeguards in the case they must make a rescue. Parents can also choose to sit behind the hot tub or out in our lobby viewing area.

Our ratio of Instructor to child is approximately 1:4 for level 1-2, 1:5 for level 3 and 1:6 for level 4-6.

BATHROOM POLICY:

Parents must have swimmers use the bathroom prior to getting into the pool. If your child needs to use the bathroom during lessons, parents must take them. Swim instructors are not allowed to bring swimmers to the bathroom and leave other swimmers unattended. Thank you for supporting us with this request.

Thank you and if you have questions or concerns contact:

Kisha Harms - Aquatics Specialist

Kris Bolin-Director of Healthy Living

