

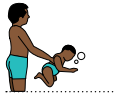








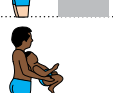

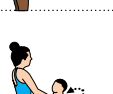

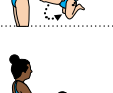
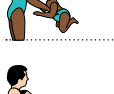
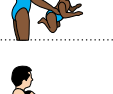
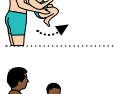
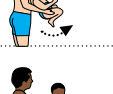


YMCA Swim Lessons

Hello! My name is _____

I am teaching your child A / Water Discovery B / Water Exploration this session.

At the Y, swimming is a life skill. Our swim lessons prepare kids of all ages to stay safe and have fun in the water, building strong swimmers and confident kids. Listed below are the skills we'll be working on this session. I will look for your child to comfortably and consistently perform each skill in order to progress to the next stage. Please feel free to ask me questions about the skills or your child's progress.

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.

We know families take a variety of forms, so we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.
















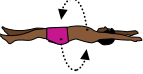
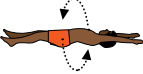
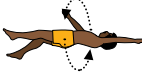






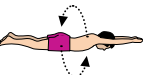
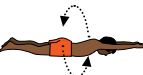



YMCA Swim Lessons

Hello! My name is _____

I am teaching your child 1 / Water Acclimation 2 / Water Movement 3 / Water Stamina this session.

At the Y, swimming is a life skill. Our swim lessons prepare kids of all ages to stay safe and have fun in the water, building strong swimmers and confident kids. Listed below are the skills we'll be working on this session. I will look for your child to comfortably and consistently perform each skill in order to progress to the next stage. Please feel free to ask me questions about the skills or your child's progress.

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



























YMCA Swim Lessons

Hello! My name is _____

I am teaching your child 4 / Stroke Introduction 5 / Stroke Development 6 / Stroke Mechanics this session.

At the Y, swimming is a life skill. Our swim lessons prepare kids of all ages to stay safe and have fun in the water, building strong swimmers and confident kids. Listed below are the skills we'll be working on this session. I will look for your child to comfortably and consistently perform each skill in order to progress to the next stage. Please feel free to ask me questions about the skills or your child's progress.

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