





















YMCA Swim Lessons

Parent/Child Skills Ages 6-36 months

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
















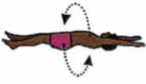
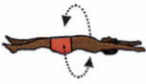





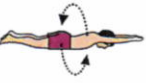
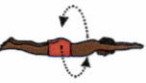

We know families take a variety of forms, so we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



YMCA Swim Lessons

Beginner/Intermediate Skills Ages 3-17 years




*Stage 1: Water Acclimation is also available for 2-year-olds who have completed both Stages A & B

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

Intermediate/Advanced Skills Ages 6-17 years

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>