



















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













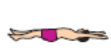














**Water Discovery
Water Exploration**

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: NO child under 5 years old allowed in hot tub. This rule applies at all times.

Children in swim lessons under 12 years are NOT to use the hot tub before lessons start, during lessons or immediately after lessons.

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

