



# WELCOME TO

# **Y**SWIM LESSONS™

We build strong kids, strong families, strong communities.

## YMCA PHILOSOPHY

The YMCA's mission is to provide programs that develop the whole person. Our swimming program is the method we use to develop a person spiritually, mentally, and physically. We provide opportunities to learn swimming skills, as well as social skills, physical fitness, self-confidence, personal safety, and rescue skills.

We build character through activities that encourage caring, honesty, respect, and responsibility. And we introduce students to other aspects of swimming, such as synchronized swimming, diving, skin diving, and water polo. Besides developing these specific skills, we also strive to increase family involvement, learn to appreciate differences, and create opportunities to develop leadership.

Having fun is one of the most important objectives of the YMCA swim lessons. Games and fun activities are an essential part of each class meeting.

Safety is top priority. A lifeguard is always on duty when the pool is open.

Everyone succeeds. There are no failures in YMCA swim lessons. The program is designed for each participant to acquire skills according to his/her own developmental readiness.

Class sizes are limited to ensure safety and maximum participation opportunities for the participant.



### **HELPFUL HINTS FOR THE NEWCOMER**

- ⋮ Be on time or a few minutes early.
- ⋮ Hair should be pulled back or in a swim cap
- ⋮ Use the bathroom before class begins.
- ⋮ Remind children the importance of bathroom usage.
- ⋮ Leaky goggles are a distraction; if you must wear goggles be sure they fit securely with no leaks.
- ⋮ If you do not think your child is in the right place, please let us know.
- ⋮ Parents are encouraged to watch from the lobby observation area.
- ⋮ Please check in with the pool deck supervisor for class assignment.

### **POLICIES AND GUIDELINES**

- ⋮ The YMCA reserves the right to add, cancel or change class schedules in order to meet the needs of our YMCA and our members.
- ⋮ Please let us know if there is an interest in having classes at additional times.
- ⋮ A child must be the appropriate age by the first day of class to enroll.
- ⋮ If enrolled in the parent/child classes, your child must wear a swim diaper.
- ⋮ Classes with fewer than 4 participants may be cancelled.
- ⋮ The YMCA does not offer make-up swim lessons for individual absences.
- ⋮ Swim instructor assignments are not available until the first day of classes.
- ⋮ If you are dissatisfied with your lessons, please let the lesson coordinator know immediately so that the problem can be fixed.
- ⋮ Depending on the reason, if the pool is closed, swim classes may be resumed on dry land.
- ⋮ Please use the family hallway or locker rooms to enter and exit the pool area.

### **FACILITY AND HEALTH REGULATIONS**

- ⋮ Disease carrying germs can enter the pool from the pool deck. Health department regulations recommend removing street shoes before walking on the pool deck.
- ⋮ If you are unable to remove your shoes, please stay on the provided mats.
- ⋮ For your child's safety, strollers should be left in the family hallway or lobby. Strollers will not be allowed on the indoor pool deck.
- ⋮ Please shower before entering the water.
- ⋮ If your child is ill, please consider skipping the lesson. If diarrhea has been present, please wait 2 weeks after the diarrhea ends before swimming.

### **HERE ARE SOME GUIDELINES TO HELP YOU DECIDE YOUR CHILD'S LEVEL**

Look at each level and determine whether your child can consistently perform ALL the skills within that level. If so, check the next level, and keep moving through the levels until you reach one for which your child cannot consistently perform ALL the skills. That probably is the right level for your child. It is better to underestimate the child's ability than to overestimate it. It is easier to move a student to a higher level than to move him/her down.

**PRESCHOOL I**  
(Ages 3 – 5 years)

**PIKE**

- ⇒ Walk or swim away from the pool wall w/assist, turn and grab wall
- ⇒ Front and back float w/float
- ⇒ Paddle for 10 yards w/float, 5 ft w/o float on the front on the side on the back
- ⇒ Scull 30 seconds w/float

**EEL**

- ⇒ Walk or swim away from the pool wall w/o assist, turn and grab wall
- ⇒ Front and back float 20 seconds w/ or w/o float belt.
- ⇒ Paddle 25 yards w/float, 15 feet w/o float on the front on the side on the back
- ⇒ Scull 1 minute w/ or w/o a float

**PRESCHOOL II**  
(Ages 3– 5 years)

**RAY**

- ⇒ Front and back float 30 seconds w/o float belt
- ⇒ 10 bobs in shallow water
- ⇒ Tread water w/float 20 – 30 seconds
- ⇒ Swim the following:
  - Front alternating paddle, using rhythmic breathing, 15 yards w/float belt, 20 feet w/o
  - Front symmetrical paddle 25 yards w/float, 20 ft w/o
  - Side alternating paddle, 15 yards w/float, 20 ft w/o
  - Back alternating paddle, 15 yards w/float, and 20 ft w/o
  - Back symmetrical paddle 25 yards w/float, 20 ft w/o
- ⇒ Jump into deep water, swim up 5 – 7 feet

**STARFISH**

- ⇒ Front and back float 1 minute w/o float
- ⇒ Tread water 20 – 30 seconds w/o float
- ⇒ Swim the following 25 yards w/float, 40 ft w/o
  - Front alternating paddle with rudimentary rhythmic breathing
  - Front symmetrical paddle
  - Side alternating paddle
  - Back alternating paddle
  - Back symmetrical paddle
- ⇒ Jump into deep, swim up 5 – 7 feet
- ⇒ Kneeling dive w/assist, glide, paddle 15 feet

Please understand that children under the age of 6 may not progress to the youth lessons until they are 6 years of age. If they have met all the requirements of the Starfish and are not yet 6, please be assured that they will be challenged to continue to perfect stroke and learn new strokes at the Starfish level.

## **YOUTH I**

(Ages 6 – 11 years)

### **POLLIWOG**

- ⇒ Walk or swim away from the pool wall, turn around, and reach for and grab the wall
- ⇒ Front and back float w/ or w/o a float belt
- ⇒ Step away from the side of the pool, paddle to the surface, and return to the side
- ⇒ Paddle for 25 yards with a float belt on the front, back, and side and 20 feet without
- ⇒ Scull for 1 minute w/ or w/o a float belt

### **GUPPY**

- ⇒ Front and back float for 1 minute w/o a float belt
- ⇒ Tread water for 20 – 30 seconds w/ or w/o a float belt
- ⇒ Jump into deep water, paddlestroke 15 feet, roll to a back float for 10 seconds then return to the side w/o float belt
- ⇒ Perform 10 bobs in deep water w/o float belt
- ⇒ Swim for 25 yards w/ or w/o a float belt:
  - Front alternating paddle, using rhythmic breathing
  - Front symmetrical paddle
  - Side alternating paddle
  - Back alternating paddle
  - Back symmetrical paddle
- ⇒ Jump into deep water and swim up 5 – 7 feet
- ⇒ Jump into water from a 1 meter board and swim to the side w/ or w/o float belt
- ⇒ Perform a kneeling dive with assistance, glide, then paddle 15 feet w/o float belt

### **MINNOW**

- ⇒ Tread water for 1 minute w/o float
- ⇒ Swim 25 yards w/o float
  - Front alternating paddle (crawl stroke)
  - Front symmetrical paddle (breaststroke)
  - Side alternating paddle with scissors kick (sidestroke)
  - Back alternating paddle (back crawl)
  - Back symmetrical paddle (elementary backstroke)
- ⇒ Perform a stride dive
- ⇒ Perform a standing dive
- ⇒ Jump into the pool from a 1 meter board using an arm swing and swim to the side

### **FISH**

- ⇒ Float for 6 minutes with minimum movement on front or back w/o float
- ⇒ Tread water in the deep for 3 minutes using a combination of kicks
- ⇒ Swim 50 yards of the following:
  - Crawl stroke with rotary breathing and open turns
  - Breaststroke with pull, kick, and glide w/open turns
  - Elementary backstroke with a glide
  - Sidestroke with a regular scissors kick w/ a glide
- ⇒ Swim 25 yards of the butterfly stroke with fins
- ⇒ Do head-first and feet-first sculling 45 feet each
- ⇒ Perform a standing dive from a one meter board
- ⇒ Perform a head-first and feet-first surface dive and swim down 6 – 8 feet

## YOUTH II

### FLYING FISH

- ⇒ Tread water for 6 minutes using all four kicks: single and double scissors, circle, and rotary.
- ⇒ Swim 100 yards each
  - Crawl stroke with bilateral breathing and open turns
  - Breaststroke with open turns
  - Elementary backstroke with a glide
  - Back crawl with open turn
  - Sidestroke using the regular and inverted scissors kick
- ⇒ Swim 15 yards of the butterfly stroke
- ⇒ Perform a flip turn for the front crawl and back crawl strokes.

### SHARK

- ⇒ Swim 100 yards of the crawl stroke with a front start and front flip turn
- ⇒ Swim 100 yards of the breaststroke with a pull-out
- ⇒ Swim 50 yards of the inverted breaststroke
- ⇒ Swim 100 yards of the back crawl, performing transitions with a dolphin kick and streamlining
- ⇒ Swim 50 yards of the over arm sidestroke (25 yards each side)
- ⇒ Swim 25 yards of the butterfly stroke, streamlined and using a push-off
- ⇒ Swim 50 yards of the trudgen crawl
- ⇒ Swim 200 yards of the individual medley: butterfly, backstroke, breaststroke, and front crawl stroke

### PORPOISE

- ⇒ Highest level. Completion of Shark required.

## COMMONLY ASKED QUESTIONS AND CONCERNS

- ⌘ ***How long will it take my child to learn to swim?*** This question cannot be answered easily. All participants will progress at his/her own rate.
- ⌘ ***Class does not start on time.*** It is important for the instructor to set the tone of the class and provide a comfort level for all participants. This is traditionally done before the class moves to the water.
- ⌘ ***Why can't we sit in the pool area during swim lessons?*** YMCA swim lessons include social skills. Separating from the parent is a part of growing up. There may be special situations where the parent will be allowed. Feel free to observe from the viewing area outside the indoor pool.
- ⌘ ***What if my child needs to use the restroom during class?*** We will be using "potty parents" or instructor aides to assist during the "call of nature". Parents are welcome to lend a helping hand when you see your child start to wriggle.
- ⌘ ***I did not see the instructor test my child.*** The YMCA does not test; we keep a running evaluation of skill development.
- ⌘ ***How will I know in what level to register my child?*** If you are a newcomer, please check this brochure for skill levels. Participants will receive a progress report at the end of each session.

## COMMONLY ASKED QUESTIONS AND CONCERNS cont'

- .. **Why was my child moved to a different class the first day?** All students are evaluated the first day in an attempt to insure they are in a class with students of similar abilities regardless of the name of the level.
- .. **My child's class is too large.** Remember these are group lessons. The R. C. Durr YMCA follows the National YMCA guidelines for class size.
- .. **Why does the instructor not get into the water?** Evaluation is very difficult to do from in the water. As the levels increase, you will see the instructor in the water less. Beginners need an instructor in the water nearly the whole class period.
- .. **Can I change classes if I am not satisfied with my child's instructor?** Occasionally it happens that a child does not work well with a particular instructor. It is possible to change to another class, but it must be done with the approval of the pool deck supervisor or aquatic coordinator.
- .. **How can I check on my child's progress?** Please feel free to contact the instructor outside of class time. Our instructors are more than happy to talk to you about your child's progress.
- .. **We did not get a progress report.** Unfortunately, we do make mistakes. If you have a problem or did not get a report, please see the instructor or lesson coordinator.

## A FEW WORDS FROM THE AQUATIC COORDINATOR

The YMCA swim lesson program is an exciting way of helping you or your child learn to swim. By using a student-centered approach to instruction, children and adults get the opportunity to experiment with the way their individual bodies respond in the water. Progress may be a bit slower in the beginning; however, the end result is better than ever. All YMCA instructors are trained and are under the supervision of a certified aquatic specialist. Not all have the same experience level, however, and we ask your patience as they grow to their potentials. You may see usage of floatation devices that allow students to work at their individual levels of development. Every participant is allowed the opportunity to succeed. There are no failures in YMCA swim lessons. The students are evaluated on a regular basis with no official testing. Thank you for enrolling. My door is always open. Please feel free to speak with me if you have a problem.

Jane Wallace  
Aquatic Coordinator

The R.C. Durr YMCA offers the following aquatic programs:

**PARENT/CHILD SWIM LESSONS**

**PRESCHOOL SWIM LESSONS**

**YOUTH SWIM LESSONS**

**TEEN AND ADULT SWIM LESSONS**

**SWIM TEAM**

**INTRODUCTION TO WATER POLO AND SYNCHRONIZED SWIMMING**

**AQUATIC EXERCISE (DEEP WATER, SHALLOW WATER, ARTHRITIS)**

**LIFEGUARD TRAINING**

**INSTRUCTOR TRAINING**

**HOME SCHOOL SWIM LESSONS**

**CHALLENGERS (SWIMMING FOR THOSE WITH SPECIAL NEEDS)**

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