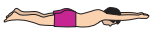
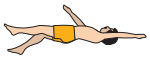
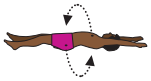
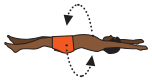
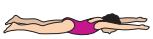
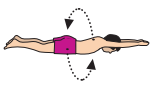
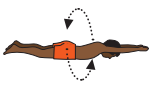
YMCA Swim Lessons

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
 **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)