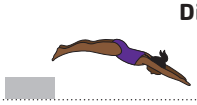
YMCA Swim Lessons

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
 **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.