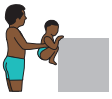
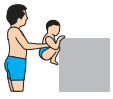
YMCA Swim Lessons

Hello! My name is _____

I am teaching your child ☐ A / Water Discovery ☐ B / Water Exploration 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.

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.

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.