

## **WEST COOK YMCA**

# Swim Lesson Overview Packet

#### Welcome to the West Cook YMCA Swim Lessons Overview!

Swimming is not only a fun, healthy activity, but an important life skill for all children. Learning basic water safety skills is a great introduction to the world of swimming that often continues with swim lessons and competitive swim programs, and can even lead to a career. In addition to learning lifesaving water safety skills, children can increase their physical activity by swimming. Swimming also motivates children to strive for self-improvement, teaches goal orientation, and cultivates a positive mental attitude and high self-esteem. It also teaches life lessons of sport and sportsmanship, so that children can learn how to work well with teammates and coaches and how to deal with achievement and skill development.

This program features four different age groups; Parent and Child, Preschool, School Age, and Teen & Adult. Within each age group, specific stages are identified with outcomes to match.



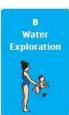
## **Program Overview**

#### SWIM STARTERS

Parent\* & child lessons



Introduces infants and toddlers to the aquatic environment



exploring body bubbles, and fundamental

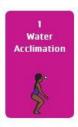


positions, blowing safety and aquatic skills

#### Outcomes

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidencebuilding experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

#### SWIM BASICS (Safety Around Water) Recommended skills for all to have around water



Increases comfort with underwater exploration and introduces basic self-rescue skills nerformed with assistance



in water and

#### Encourages forward movement basic self-rescue skills performed independently

#### Develops intermediate self-rescue skills performed at longer distances than in previous

stages

#### Outcomes

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim-sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

#### **SWIM STROKES**

Skills to support a healthy lifestyle



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke



Introduces butterfly and safety through treading water

breaststroke and reinforces water and sidestroke

Stroke

Development

#### part of a healthy lifestyle

Stroke

Mechanics

Refines stroke

strokes and

encourages

swimming as

technique on all

major competitive

#### Outcomes

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

#### **PATHWAYS** Specialized tracks









#### Outcomes

Students build confidence. cultivate their passion, and stay active through specialized tracks.

<sup>\*</sup>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.

### Stages of Learning

Infant & Toddler 6 mos.-3 yrs. Stages A-B

Preschool 3-5 yrs. Stages 1-4 School Age 5-12 yrs. Stages 1-6





together

Back float assisted, head on shoulder

assisted

Front float chin in water. assisted

assisted, head on shoulder

Wall grab assisted

Back float assisted, head on chest

Roll assisted

Front float blow bubbles, assisted

Back tow assisted, head on chest

Monkey crawl assisted, on edge, 5 ft.

Water

Acclimation

Submerge bob independently

Front glide assisted, to wall, 5 ft.

Water exit independently

Jump, push, turn, grab assisted

**Back float** assisted, 10 secs., recover independently

assisted Front float assisted. 10 secs., recover

Roll

independently Back glide assisted, at wall, 5 ft.

Swim, float, swim assisted, 10 ft.

Water Movement

Recommended skills for all to have around water

Submerge look at object on bottom

Front glide 10 ft. (5 ft. preschool)

Water exit independently

Jump, push, turn, grab

Back float 20 secs. (10 secs. preschool)

Roll Front float 20 secs. (10 secs. preschool)

Back glide 10 ft. (5 ft. preschool)

Tread water 10 secs., near wall. & exit Swim, float, swim

5 yd.

Submerge retrieve object in chest-deep water

Swim on front 15 yd. (10 yd. preschool)

Water exit independently

Jump, swim, turn, swim, grab 10 yd.

Swim on back 15 yd. (10 yd. preschool)

Roll Tread water 1 min. & exit (30 secs. preschool)

Swim, float, 25 yd. (15 yd. preschool)

SWIM STROKES

Skills to support a healthy lifestyle

Stroke Introduction

Endurance any stroke or combination of strokes, 25 yd.

Front crawl rotary breathing, 15 yd.

Back crawl 15 yd.

Dive sitting

Resting stroke elementary backstroke, 15 yd.

Tread water scissor & whip kick, 1 min.

Breaststroke kick, 15 yd.

Butterfly

kick, 15 yd.

Stroke Stroke Development Mechanics

Endurance any stroke or combination of strokes, 50 yd.

Front crawl bent-arm recovery, 25 yd.

Back crawl pull, 25 yd.

Dive kneeling

Resting stroke sidestroke, 25 vd.

Tread water scissor & whin kick, 2 mins.

Breaststroke 25 yd.

Butterfly simultaneous arm action & kick,

15 yd.

Endurance

any stroke or combination of strokes, 150 yd.

Front crawl flip turn. 50 yd.

Back crawl pull & flip turn, 50 yd.

Dive standing

Resting stroke elementary backstroke or sidestroke, 50 yd.

Tread water retrieve object off bottom. tread 1 min.

Breaststroke open turn. 50 yd.

Butterfly 25 yd.

PATHWAYS Specialized tracks







Copyright © 2016 by YMCA of the USA. All rights reserved.

YMCA Swim Lessons | V6



This continuum outlines the skills taught at each stage for infants, toddlers, and preschool-age children. Though school-age children, teens, and adults also learn the skills listed in stages 1-4, they achieve distinct milestones compared to preschool-age children. As a result, their skills are presented in a separate skill continuum.

	A Water Discovery	B Water Exploration	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction
Breath control	Blow bubbles on surface, assisted	Blow bubbles mouth & nose submerged, assisted	Submerge bob independently	Submerge look at object on bottom	Submerge retrieve object in chest-deep water	
Swim on front	Front tow chin in water, assisted Front float chin in water, assisted	Front tow blow bubbles, assisted Front float blow bubbles, assisted	Front glide assisted, to wall, 5 ft. Front float assisted, 10 secs., recover independently	Front glide 5 ft. Front float 10 secs.	Swim on front 10 yd.	Front crawl rotary breathing, 15 yd.  Breaststroke kick, 15 yd.  Butterfly kick, 15 yd.
Swim on back	Back float assisted, head on shoulder Back tow assisted, head on shoulder	Back float assisted, head on chest Back tow assisted, head on chest	Back float assisted, 10 secs., recover independently Back glide assisted, at wall, 5 ft.	Back float 10 secs. Back glide 5 ft.	Swim on back 10 yd.	Back crawl 15 yd.
Water safety	Roll assisted, back to front & front to back Wall grab assisted	Roll assisted, back to front & front to back Monkey crawl assisted, on edge, 5 ft.	Water exit independently Roll assisted, back to front & front to back	Water exit independently Roll back to front & front to back Tread water 10 secs., near wall, & exit	Water exit independently  Roll back to front & front to back Tread water 30 secs. & exit	Dive sitting Resting stroke elementary backstroke, 15 yd. Tread water scissor & whip kick, 1 min.
Benchmark	Water exit parent & child together Water entry parent & child together	Water exit assisted Water entry assisted	Jump, push, turn, grab assisted Swim, float, swim assisted, 10 ft.	Jump, push, turn, grab Swim, float, swim 5 yd.	Jump, swim, turn, swim, grab 10 yd. Swim, float, swim 15 yd.	Endurance any stroke or combination of strokes, 25 yd.

Copyright © 2016 by YMCA of the USA. All rights reserved.



# School-Age / Teen & Adult Skill Continuum

This continuum outlines the skills taught at each stage for school-age children, teens, and adults. Though preschool-age children also learn the skills listed in stages 1–4, they achieve distinct milestones compared to school-age children, teens, and adults. As a result, their skills are presented in a separate skill continuum.

	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction	5 Stroke Development	6 Stroke Mechanics
Breath control	Submerge bob independently	Submerge look at object on bottom	Submerge retrieve object In chest-deep water			
Swim on front	Front glide assisted, to wall, 5 ft. Front float assisted, 10 secs., recover independently	Front glide 10 ft. Front float 20 secs.	Swim on front 15 yd.	Front crawl rotary breathing, 15 yd.  Breaststroke kick, 15 yd.  Butterfly kick, 15 yd.	Front crawl bent-arm recovery, 25 yd.  Breaststroke 25 yd.  Butterfly simultaneous arm action & kick, 15 yd.	Front crawl flip turn, 50 yd. Breaststroke open turn, 50 yd. Butterfly 25 yd.
Swim on back	Back float assisted, 10 secs., recover independently Back glide assisted, at wall, 5 ft.	Back float 20 secs. Back glide 10 ft.	Swim on back 15 yd.	Back crawl 15 yd.	Back crawl pull, 25 yd.	Back crawl pull & flip turn, 50 yd.
Water safety	Water exit independently Roll assisted, back to front & front to back	Water exit independently  Roll back to front & front to back  Tread water 10 secs., near wall, & exit	Water exit independently Roll back to front & front to back Tread water 1 min. & exit	Dive sitting Resting stroke elementary backstroke, 15 yd. Tread water scissor & whip kick, 1 min.	Dive kneeling Resting stroke sidestroke, 25 yd. Tread water scissor & whip kick, 2 mins.	Dive standing Resting stroke elementary backstroke or sidestroke, 50 yd. Tread water retrieve object off bottom, tread 1 min.
Benchmark	Jump, push, turn, grab assisted Swim, float, swim assisted, 10 ft.	Jump, push, turn, grab Swim, float, swim 5 yd.	Jump, swim, turn, swim, grab 10 yd. Swim, float, swim 25 yd.	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.

#### **Mid-Session Reports**

Depending on the length of the session, mid-session reports will be handed out in the 4<sup>th</sup> or 5<sup>th</sup> session. This time frame will give our instructors the appropriate time to evaluate each participant accurately for the following sessions. These progress reports will provide information on skill progress, which will take time. The fluid nature of skill development in children varies from child to child with skill acquisition varying from slow to rapid. We recommend singing up for monthly enrollment options for swim lessons, to hold your spot in future months to help your child continue to build the confidence in and around water as well as build on their water swim skills.

#### **Final Evaluations**

Final evaluations will begin to be handed out the seventh or eighth session to provide an updated assessment on the skill progress and the level suggestion for future sessions. Please note that progression throughout swimming is NOT linear and depends on both attending lessons and practice outside of the lesson time. Based on the required skills to progress, certain skills are more difficult to master than others and require even more practice. Even though your child may not progress to the next level, the focus should be kept on the skill development made rather than completing and progressing to the next level. Our staff have a vested interest in providing high quality lessons and want to see each participant succeed. Questions regarding final evaluations can be directed to the Aquatic Operations Manager or the Director of Youth and Aquatics Programming and Services.

#### **Home Activities**

Home Activity Cards are available to improve swimming skills outside of the structured lesson. These drills have been designed to progressively build up skills and with continued practice, assist in reaching the passing standard. Remember that developing skills takes time and always needs refinement. Instructors throughout the sessions will pass along some of the Home Activity Cards.

#### **Private Swim Lessons/Semi-private Swim Lessons**

The West Cook YMCA offers Private Swim Lessons and Semi-private Swim Lessons. These lessons provide the opportunity for participants to work one-on-one or two-on-one with an instructor toward specific goals. Lessons are offered on a monthly time slot basis, welcome to sign up for multiple months and schedule out payments or try it out for one month. Please inquiry by sending an email to <a href="mailto:aquatics@westcookymca.org">aquatics@westcookymca.org</a> and we will connect with you to share what option may work best for you.

#### For More Details on Swim Levels

Please visit our website landing page for details of each swim level at <a href="https://www.westcookymca.org/swimlessons">www.westcookymca.org/swimlessons</a>