

SWIM SKILLS GUIDE:

Our program focuses on 4 key skill groups: Breath control, swimming on the front, on the back, and water safety. There are 6 skill stages in total for students to advance through. Listed below are the skills that are worked on in each stage. Participants are progressed through each stage based on their ability to comfortably and consistently perform each skill.

It is recommended that participants that are new to swim lessons register for Stage 1 and that Youth (6-12yrs) participants not register for Stage 4/5 without the recommendation of their current swim lesson instructor.

STAGE 1 / WATER ACCLIMATION	STAGE 2 / WATER MOVEMENT	STAGE 3 / WATER STAMINA
Submerge bob independently	Submerge look at object on bottom	Submerge retrieve object in chest-deep water
Front glide assisted, to wall, 5ft	Swim on front 10yd (5yd preschool)	Swim on front 15yd (10yd Pre-School)
Water exit independently	Water exit independently	Water exit independently
Jump, swim, turn, swim, grab assisted	Jump, swim, turn, swim, grab	Jump, swim, turn, swim, grab 10yd
Back float assisted, 10 sec., recover independently	Back float 20 sec. (10 sec. preschool)	Swim on back 15yd (10yd Pre-School)
Roll back to front & front to back	Roll back to front & front to back	Roll back to front & front to back
Front float assisted, 10 sec., recover independently	Front float 20 sec. (10 sec. preschool)	
Back glide assisted, at wall, 5ft	Back glide 10ft (5ft preschool)	
	Tread water 10 sec., near wall & exit	Tread water 1 min. & exit (30 sec. Pre-School)
Swim, float, swim assisted, 10ft	Swim, float, swim 5yd	Swim, float, swim 25yd (15yd Pre-School)
STAGE 4 / STROKE INTRODUCTION	STAGE 5 / STROKE DEVELOPMENT	STAGE 6 / YBAC SWIM TEAM
Endurance any stroke or combination of strokes, 25yd	Endurance any stroke or combination of strokes 50yd	Technique & Fitness Group for more information visit ybachurricanes.commitswim.com
Front crawl rotary breathing, 15yd	Front crawl bent-arm recovery, 25yd	
Back crawl 15yd	Back crawl pull, 25yd	
Dive sitting	Dive kneeling	
Resting stroke elementary backstroke, 15yd	Resting stroke sidestroke, 25yd	
Tread water scissor & whip kick, 1min.	Tread water scissor & whip kick, 2 min.	
Breaststroke kick, 15yd	Breaststroke 25yd	
Butterfly kick, 15yd	Butterfly simultaneous arm action & kick, 15yd	

REGISTRATION POLICIES:

- **CLASS REGISTRATION WILL OPEN ON THE 1ST OF THE MONTH FOR THE NEXT UPCOMING SESSION**
- **Class Change Policy:** Changes to registrations may be made up to the second day of class. Aquatics staff reserve the right to remove a participant from class if participant does not meet the skills requirements and place them in the appropriate class if space allows. In the event a participant is in the incorrect class and there is no space available in the correct class, the participant will be removed from the class and no refund will be provided.
- **Credit/Refund Policy:** Registration fees become non-refundable 2 week prior to the 1st day of class. No refunds/credits will be provided after the 2nd day of class.
- **Make-Up Policy:** Make-up classes due to inclement weather or other reasons beyond the control of the Y are not guaranteed. When able, make-up lessons will be scheduled for the next available Friday or indicated make-up day and will be communicated via email. Individual make-up lessons cannot be provided for participants that are unable to attend scheduled or make-up lessons.
- **YMCA Code of Conduct:** All persons present on YMCA property and/or participating in or observing YMCA programming are responsible for following the YMCA Code of Conduct. Failure to do so will result in immediate dismissal from the swim lesson program with no refund or credit provided.