



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BUILDING CONFIDENCE

Swim Lessons

The Meredith Mathews East Madison YMCA Aquatics Swim Lesson program is student centered and includes five main learning components: Stroke development, water sports, personal safety, rescue and personal growth. Class levels are based on age and ability of the participant.

Swim Lessons at the MMEM YMCA develop competency in swimming, along with confidence and endurance. A child is advanced to the next level only when he or she can proficiently and safely perform the skills within his or her level.

All children learn and progress at his or her own rate. If your child does not complete all the skills within his or her level during any one session they will continue in the same level until they are able to master the skills. Graduation from a swimming level requires permission from an instructor. Grades are posted on the Wall Roster (located on the wall just outside the pool side of the woman's locker room) the week before priority registration.

SWIM LESSON SKILLS BY LEVEL

These lists do not include all the skills covered in each level; it contains those skills that may help parents determine the level at which their child should register. Look at each level and determine whether your child can consistently perform all the skills within that level. If so, check the next level, and keep moving through until you reach one for which your child cannot consistently perform all the skills. That probably is the right level for your child. It is better to underestimate the child's abilities than to overestimate the child's abilities. It is easier to move a child to a higher level than to move him or her down. If you are still not sure of your child's level after looking at this list, contact the Aquatic Department.

PARENT-CHILD SWIM LEVELS

Ages 6 month-3 years

The primary objective is to get both the parent and child comfortable in the water. The child will become aware of the differences between moving through water and on dry land, while the parent will become aware of how to teach his or her child to be safer in and around the water. Classes are designed to allow the child to have fun in the water while the parent guides him or her to learn aquatic skills. The child will be exposed to games that use basic movements in the water, such as kicking, arm strokes, and breath control. Activities are based on the developmental abilities of the child.

WATER BABIES Ages 6-36 months

- Water acclimation: Has a happy expression in the water, wets face and arms and imitates parents by putting face in the water
- Water entry/exit: Enters the pool—from a sitting position upon request, climbs out of the pool with assistance
- Breath control: Shipping and expelling water on cue, submerging and blows bubbles on request or cue
- Balance: Maintains stable vertical position in an IFD without parental support, balances on parent's knee with minimal support, navigates, turns 180 to 360 degrees while wearing a PFD
- Locomotion: Alternating paddles and kicks



PARENT-CHILD SWIM LEVELS

Ages 6 month-3 years

- Water entry/exit: Baby wait, 5-10 seconds, independent water entry/exit, sitting glides, jump in and swim back to the wall
- Safety: Use of PFDs and IFDs (lifejacket and float belt), swim with another adult other than mom or dad, walks on the pool deck to a target location (stairs)
- Breath Control: Submerging and immersing face, breath control and inhales then blows bubble independently, front float 10 seconds, back float 10 seconds, rotary breathing on the wall (bobs)
- Locomotion: Swim, get a bit of air and swim again, reach and pull alternating arms, independent flutter kick

PRESCHOOL SWIM LEVELS Ages 3-5

This program offers children their first experience in the pool without parental assistance. Children are taught the basic skills that are the building blocks of swimming while learning about pool safety, boating safety, and the use of personal flotation devices. A caring, certified swim instructor teaches the 30-minute class. Class participants are divided into skill levels, and class size is such that the instructor can provide children with individual attention.

PIKES Ages 3-5

- Willingly put face in the water when asked
- 5 bobs with bubbles, getting a breath each time
- Release from the wall, swim/paddle away, turn, paddle back
- Front float 10 seconds (face in the water), take a breath, and recover
- Back float 10 seconds, recover.
- Wearing an IFD paddle stroke 5 yards front and kick on back 5 yards
- Gain self-confidence
- Swim 5ft of each without an IFD: Paddle on front, back and side

EELS Ages 3-5

- Push off the wall, swim/paddle 5ft away, turn, and grab the wall
- Front float 20 seconds (face in the water), take a breath, and recover
- Back float 20 seconds, recover.
- Jump in with IFD, paddle on front 10 yards, turn, kick on back 10 yards
- Swim 15ft without an IFD: Swim on front with face in arms reaching out and rhythmic breathing, swim on back with horizontal position, swim on side with alternating arms.

RAYS Ages 3-5

- Front and back float 30 seconds without an IFD
- Tread water 30 seconds with an IFD
- Jump in deep end, swim 5 feet, back float 10 seconds and return
- Bob 10 times in shallow water, getting a breath each time
- Jump into deep water, swim up 5-7 feet
- Sitting and kneeling dives
- Swim 20ft without an IFD: Front crawl with rotary breathing, basic breaststroke with rhythmic breathing, side alternating stroke, backstroke with straight arms, basic elementary backstroke with glide

STARFISH Ages 3-5

- Head-first surface dive, recover
- Front and back float 1 minute
- Tread water 30 seconds without an IFD
- Jump into deep water, swim 15 feet, back float 10 seconds, and return
- Bob 10 times on deep water, getting a breath each time
- Swim 40 feet without a float belt: Crawl stroke with side breathing, breaststroke with glide, symmetrical whip kick and rhythmic breathing, sidestroke with scissor kick, backstroke with straight arms and horizontal position, elementary backstroke with glide and symmetrical whip kick, introduction to butterfly with dolphin kick (20 feet)

YOUTH SWIM LEVELS Ages 6-12

This program comprises five main components: personal growth, personal safety, stroke development, water sports and games, and rescue. Each skill level builds upon the preceding level, with six levels covering all the strokes, diving fundamentals, and safety skills.

POLLIWOG Ages 6-12

- Walk or swim away from the pool wall, turn around, reach and grab the wall
- Front and back float 30 seconds without and IFD, recover/stand
- Jump in and return to the side without assistance
- Jump in deep water with an IFD swim 10 yards on front, kick on back 10 yards
- Gain Self-Confidence
- Paddle for 20ft without an IFD: Front paddle with face in water, back paddle with horizontal body position, side paddle with ear in the water

GUPPY Ages 6-12

- Front and back float 1 minute without IFD, recover/stand
- Tread water 30 seconds without an IFD
- Jump into deep water, swim up 5-7 feet, paddle 15ft, back float 10 seconds, and return with out IFD
- Perform 10 bobs in deep water, getting a breath each time
- Kneeling dive with assistance, glide/swim 15 feet
- Swim for 25 yards without an IFD: Front crawl and rotary breathing, basic breaststroke with rhythmic breathing, side alternating stroke, back crawl with straight arms, basic elementary backstroke

GUPPY Ages 6-12

- Front and back float 1 minute without IFD, recover/stand
- Tread water 30 seconds without an IFD
- Jump into deep water, swim up 5-7 feet, paddle 15ft, back float 10 seconds, and return with out IFD
- Perform 10 bobs in deep water, getting a breath each time
- Kneeling dive with assistance, glide/swim 15 feet
- Swim for 25 yards without an IFD: Front crawl and rotary breathing, basic breaststroke with rhythmic breathing, side alternating stroke, back crawl with straight arms, basic elementary backstroke

MINNOW Ages 6-12

- Tread water 1 minute with and effective kick/Circle Kick for 1 minute
- Bob 10 times in deep water, getting a breath each time
- Kneeling dive off deck
- Swim 25 yards without and IFD (all with GOOD form): Front crawl with side breathing and arms glide front, breaststroke with rhythmic breathing, glide and symmetrical whip kick, basic sidestroke with scissor kick, back crawl with opposite straight arms, elementary backstroke with glide and symmetrical whip kick

FISH Ages -12

- Float 6 minutes with minimum movement front or back
- Tread water 3 minutes using a combination of kicks
- Scull head-first and feet-first, 45 feet each
- Head-first and feet-first surface dive own 6-8ft
- Swim 50 yards: Crawl stroke with side breathing and open turns, breaststroke with pull-breath-kick-glide rhythm and open turns, elementary backstroke with glide, backstroke with: body roll, bent arm pull and open turns, sidestroke with scissor kick and glide, basic butterfly (15 yards only)

FLYING FISH Ages 6-12

- Tread water 6 minutes using all four kicks: single, double, circle, and rotary
- Swim under water 3-4 body lengths with modified breaststroke
- Freestyle flip turn for crawl and back stroke
- Kneeling dives with streamline (focus on distance and body position)
- Swim 100 yards (focus on efficiency): Crawl stroke with bilateral breathing and flip turns, elementary backstroke with flexed hips and glide, backstroke with: body roll, bent arm pull and flip turns, sidestroke (alternate sided) with scissor kick, lifesaving stroke (50 yards), butterfly (25 yards)

SHARK Ages 6-12

- Take your own heart rate and swim within target heart rate range
- Swim 200 yards individual medley (fly, back, breast, crawl) with proper turns
- Start dives with step up, take your mark, and go!
- Swim 100 yards (focus on endurance and pace): Crawl stroke with streamline, body roll, and flip turns, breaststroke with pull-out and glide, inverted breaststroke (50 yards), backstroke with dolphin kick/streamline and flip turns, over arm sidestroke, alternate sides (50 yards), butterfly with push-off and streamline (50 yards)

BEGINNER ADULT Ages 13+

- Front Float and Back Float 1 minute without an IFD
- Tread water 30 seconds without an IFD
- Swim 50 yards: Front Crawl & rotary breathing, back Crawl with straight arms
- Swim 25 yards: Basic Breaststroke with rhythmic breathing and glide, basic Elementary Backstroke with glide

INTERMEDIATE ADULT Ages 13+

- Front float and Back Float for 1 minute with minimal movement
- Tread water 2 minutes using an effective kick
- Proper open turns
- Swim 100 yards: Crawl stroke with side breathing, breaststroke with Pull-Breath-Kick-Glide rhythm, elementary backstroke with glide, backstroke with body roll & bent arm pull
- Swim 25 yards: Sidestroke with scissor kick
- Swim 15 yards: Butterfly (25 yards with flippers)

ADVANCED ADULT/SWIM CLINIC Ages 13+

- Take your own heart rate and swim within target heart rate range
- Swim 200 yards (focus on endurance and pace): Crawl stroke with streamline, body roll, and flip turns, breaststroke with pull-out and glide, elementary Backstroke with flexed hips and glide, backstroke with dolphin kick/streamline and flip turns
- Swim 50 yards: Sidestroke with scissor kick and glide, butterfly with push off wall and streamline
- Swim 200 yards: Individual medley (fly, back, breast, crawl)

PRIVATE AND SEMI-PRIVATE LESSONS

MMEM YMCA offers one-on-one private lessons. Our Private Swim Lesson program is designed to allow members, not appropriate for group lessons, the opportunity to participate in a safe, fun one on one setting. Each student is paired with an instructor based on needs and abilities.

Instructors use positive reinforcement and a fun learning environment to help every child and adult feel successful in an aquatic environment.

Complete a private lesson request form and an Aquatics Staff member will contact you when space becomes available.

Facility Members: \$30 per ½ hour

Program Members: \$50 per ½ hour

For more information contact Kevin Riordan at kriordan@seattleyymca.org

ADAPTIVE AQUATICS

Adaptive Aquatics (AA) is a great opportunity for youth and adults with developmental, physical, medical, or social special needs to learn to swim in a safe and supportive environment.

Participants in this program should have a referral from a doctor, therapy provider, or approval from Aquatics Management staff.

Private (AA) Lessons (FM): \$15 per ½ hour

Private (AA) Lessons (PM): \$20 per ½ hour
(Maximum: three participants)

For eligibility information please contact Karine Zwicky at kzwicky@seattleyymca.org

SUMMER SESSIONS 2011		July 5th—September 3rd
Summer Session 1 (evenings/Sat)	July 5th —August 6th	
Summer Session 2 (evenings/Sat)	August 8th—September 3rd	
1 Week Intensive (M-Th mornings)	July 11th—14 July 8th—21 July 25th—28th August 1st—4th August 8th—11th August 15th—18th August 22nd—25th August 29th—September 1st	

Refunds and Credits

We cannot give refunds or makeup days for missed classes. However, if you need to withdraw from the remainder of the session because of injury or illness, contact the aquatics director so appropriate credit arrangements can be made.

REGISTRATION INFORMATION

PRIORITY Registration

For participants currently enrolled, registration generally begins for all sessions on the Friday, **1.5 weeks** before the start of a new session.

OPEN registration

For those not currently enrolled who wish to participate in swim lessons and generally begins the Monday 1-week before the beginning of the next session.

For Swim Lesson Registration Information: Please see the MMEM YMCA website or talk with the Member Services Desk.

FEES

Swim lesson fees vary by class. Please see the Member Services Desk for pricing or online registration.

WHAT TO WEAR

- Parent Child (Water Tots) : All children must wear tight fitting pants (preferably with a plastic cover). Swim diapers or training pants with rubber pants over them are possible options.
- A Swim Suit is required for all persons.
- Shirts and Tank tops are not allowed unless they are made of polyester, nylon or spandex and are not washed with fabric softener.
- Jean and cotton clothing are prohibited.
- Girls should wear a regulation swimsuit or a leotard that fits snugly. Boys should wear a swimsuit/swim trunks with lining.
- Shoulder length hair should be put up in a pony tail or swim cap. Long bangs also need to be put up so they do not fall into the eyes or mouth.
- Goggles, nose plugs, etc., are not recommended for children until they can demonstrate the proper skills without these items (Pike, Eel & Polliwog classes).
- A swim diaper is required for anyone with continence issues. Bathers wearing diapers need to have tight fitting protective coverings. Be aware that swim diapers and protective swim pants are not a solution for a person with diarrhea or a substitute for frequent diaper changing.

Six “P-L-E-A-S” for Protection Against Recreational Water Illnesses (RWIs)

- PLEASE don't swim when you have diarrhea. This is especially important for kids in diapers.
- PLEASE don't swallow the pool water.
- PLEASE practice good hygiene.
- PLEASE take your kids on bathroom breaks often.
- PLEASE change diapers in a bathroom and not at poolside.
- PLEASE wash your child thoroughly (especially the rear end) with soap and water before and after swimming.

HEALTH INFORMATION

Please keep your children home from swim lessons for:

- Green mucus or yellow discharge from the nose.
- Had a fever, vomited or diarrhea in last 2 weeks.
- Headache, earache, sore throat, listlessness or loss of appetite.
- Had shots/immunizations that day.
- Sinus or ear infections.