



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPLASH.LEARN.GROW.

WHY CHOOSE YMCA SWIM LESSONS?

Our new program will inspire your little swimmers to meet goals, take challenges, and grow in confidence and self-assurance. The five areas of focus for YMCA Swim Lessons are Personal Safety, Personal Growth, Stroke Development, Rescue and Water Sports & Games. We hope to encourage our youth to grow in character development by practicing our values of caring, honesty, respect and responsibility.

You may see that the names of our levels have changed. Please use this guide to help compare our previous program to our new YMCA Swim Lessons to determine which level is appropriate for your child. If you have any questions, please don't hesitate to contact us and we will gladly assist you in the registration process.

Pre-School Classes

Red Cross Pre-School Aquatics

- Pre-School Level 1
- Pre-School Level 2
- Pre-School Level 3



YMCA Pre-School Aquatics

- PIKE
- EEL
- RAY
- STARFISH

Youth Classes

Red Cross Learn-to-Swim

- Level 1: Introduction to Water Skills
- Level 2: Fundamental Aquatic Skills
- Level 3: Stroke Development
- Level 4: Stroke Improvement
- Level 5: Stroke Refinement
- Level 6: Swimming and Skill Proficiency



YMCA Youth Aquatics

- POLLIWOG
- GUPPY
- MINNOW
- FISH
- FLYING FISH
- SHARK



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Questions about YMCA Swim Lessons?
Contact Aquatics Coordinator
Lindsey Varnell at lvarnell@aberdeenymca.org
or call 225-4910!



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PRE-SCHOOL AQUATICS OVERVIEW

Red Cross Pre-School Aquatics

Gives young children about ages 3 to 5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety and survival concepts. Skills are age-appropriate, helping participants achieve success on a regular basis while in a class environment with their peers.

Pre-School Level 1

Helps participants feel comfortable in the water and to enjoy the water safely

Pre-School Level 2

Builds on the skills learned in Level 1 and gives participants success with fundamental skills such as floating and basic locomotion

Pre-School Level 3

Builds on the skills from Level 2 and improves participants' coordination of simultaneous arm and leg actions and alternating arm and leg actions

YMCA Pre-School Aquatics

The preschool program generally serves children ages 3-5 years old. With the help of an individual floatation device (IFD) and assistance from the instructor, children will learn and expand their understanding and performance of fundamental swimming skills and begin to build their self-confidence through the use of imagination and exploration during a variety of games and activities throughout each course.

PIKE

Little swimmers develop safe pool habits, adjust to the water, and basic paddle stroke. To progress, child must feel comfortable holding face in water while blowing bubbles, and must be able to float on their back.

EEL

Child is comfortable in the water. Swimmer is taught to kick, dive, float and paddle stroke. To progress, child must swim across the pool without assistance with their face in the water.

RAYS

Child can swim independently without a floatation device.

STARFISH

Child improves stroke skills, builds endurance, and treads water. Child can swim on their front and back without assistance.



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Pre-School Class Descriptions

Red Cross Pre-School Aquatics

PRE-SCHOOL LEVEL 1

- Enter water by stepping in
- Finning arm action on back
- Exit water using ladder, steps or side
- Front and back floats and glides
- Bobbing
- Roll from front to back and back to front
- Open eyes under water and retrieve submerged objects
- Tread water using arm and leg actions
- Recover from a front and back float or glide to a vertical position
- Staying safe around aquatic environments
- Combined arm and leg actions on front and back
- Don't just pack it, wear your jacket
- Recognizing the lifeguards
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

YMCA Pre-School Aquatics

PIKE

Component 1: Personal Safety

- Be present for a pool tour and safety rules discussion
- Enter and exit water independently
- Back float 20 seconds w/IFD or assistance*
- Jump into shallow water w/IFD or assistance*
- Know where and why to wear a personal flotation device (PFD) as well as how to put on and take off
- While wearing a PFD, float on back for 10 second and paddle stroke 5 yards.

Component 2: Stroke Development

- Comfortably walk in water and show alternating arm
- Flutter kick with support on front for 10 yards*
- Flutter kick with support on back for 10 yards*
- Face in the water*
- Swim 5 yards with IFD using paddle stroke*
- Monkey crawl from shallow end to deep end ladder

Component 3: Water Sports & Games

- Participate in games, laugh, and have fun
- Bounce up and down in chest deep water 10 times
- Blow bubbles*

Component 4: Personal Growth

- Display signs of increase self-confidence
- Demonstrate caring, honesty, respect, responsibility
- Listens and follows direction*

Component 5: Rescue

- Know how to get help around water and practice rescue assists
- Tell how you can identify a lifeguard

*Objectives are critical and must be met before advancing to the next level





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Pre-School Class Descriptions

Red Cross Pre-School Aquatics

PRE-SCHOOL LEVEL 2

- Enter water by stepping in
- Exit water using ladder, steps or side
- Open eyes under water and retrieve submerged objects
- Bobbing
- Front and back floats and glides
- Roll from front to back and back to front
- Recover from a front float or glide to a vertical position
- Recover from a back float or glide to a vertical position
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

YMCA Pre-School Aquatics

EEL

Component 1: Personal Safety

- Be present for a pool tour and safety rules discussion
- Front float 20 seconds w/o IFD or assistance*
- Back float 20 seconds w/o IFD or assistance*
- Jump into shallow water w/o IFD of assistance*
- Select, put on/take off PFD w/o assistance
- While wearing a PFD, paddle 10 yards on front, kick 10 yards on back
- Explore deep water

Component 2: Stroke Development

- Paddle on front 25 yards w/IFD*
- Paddle on front 10 yards w/o IFD*
- Kick on back 25 yards w/ IFD*
- Face in the water*
- Alternating arms on back w/IFD
- Symmetrical arms on back w/IFD
- Kick on front 25 yards*

Component 3: Water Sports & Development

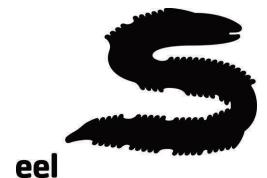
- Climb up and down pole in shallow water
- Participate in a game or song

Component 4: Personal Growth

- Display signs of increased self-confidence
- Demonstrate caring, honesty, respect, responsibility
- Listen and follow directions

Component 5: Rescue

- Describe dangers in and around water
- Know emergency phone number; know own phone number
- Demonstrate reaching assists





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Pre-School Class Descriptions

Red Cross Pre-School Aquatics

PRE-SCHOOL LEVEL 3

- Enter water by jumping in
- Bobbing
- Fully submerging and hold breath
- Front float, jellyfish float, tuck floats
- Back float and glide
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Staying safe around aquatic environments
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go

YMCA Pre-School Aquatics

RAYS

Component 1: Personal Safety

- Be present for pool tour/diving rules
- Front float 30 seconds w/o IFD or assistance*
- Back float 30 seconds w/o IFD or assistance*
- Back float 30 seconds 2/o IFD or assistance*
- Tread water 30 seconds w/o IFD*
- Jump into deep water w/o assistance*
- Jump into deep water, paddle 2 yards, back float 10 seconds, paddle back to side w/o IFD*
- HELP position – 1 minute w/ PFD

Component 2: Stroke Development

- 5 bobs in deep or shallow water*
- Front and back alternating paddle with rhythmic breathing 25 yards w/IFD*
- Front and back alternating paddle with rhythmic breathing w/o IFD 15 yards*
- Front and back symmetrical paddle 25 yards w/ IFD*
- Front and back symmetrical paddle 15 yards w/o IFD*
- Intro to the side alternating paddle

Component 3: Water Sports & Games

- Surface dive/underwater swimming
- Climb up and down pole in deep end

Component 4: Personal Growth

- Displays signs of increased self-confidence
- Demonstrates caring, honesty, respect, responsibility
- Listens and follows directions

Component 5: Rescue

- Know when and how to call for help
- Demonstrate reaching assists





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Pre-School Class Descriptions

Red Cross Pre-School Aquatics

*Red Cross lessons does not offer an advanced pre-school aquatic.



YMCA Pre-School Aquatics

STARFISH

Component 1: Personal Safety

- Be present for a pool/diving rules
- Front float one minute w/o IFD or assistance*
- Back float one w/o IFD or assistance*
- Tread water 30 seconds w/o IFD*
- Jump into deep water w/o IFD or assistance*
- Jump into deep water, paddle 5 yards, back float 10 seconds, return to side w/o IFD*
- HELP Position – one minute w/ PFD

Component 2: Stroke Development

- 10 bobs in deep or shallow water*
- Front alternating paddle with rhythmic breathing 25 yards w/o IFD*
- Front crawl with rudimentary rotary breathing 15 yards w/o IFD*
- Front symmetrical paddle 25 yards w/o IFD*
- Back alternating paddle 25 yards w/o IFD*
- Back symmetrical paddle 25 yards w/o IFD*
- Side alternating paddle 25 yards

Component 3: Water Sports and Development

- Surface dives/underwater swimming
- Climb up and down a pole in deep water

Component 4: Personal Growth

- Display signs of increased self-confidence.
- Demonstrate caring, honesty, respect, responsibility
- Listens and follows directions

Component 5: Rescue

- Perform reaching and throwing assists
- Know when and how to call for help

YMCA swim lessons offers an advanced pre-school class for skilled younger swimmers to prepare them for the youth aquatics program!



starfish



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YOUTH AQUATICS OVERVIEW

Red Cross Learn-to-Swim

Gives child about ages 5 and older a logical, six-level progression that help swimmers of varying abilities develop their swimming and water safety skills. It is designed to give participants a positive learning experience.

Level 1: Introduction to Water Skills

Helps participants feel comfortable in the water

Level 2: Fundamental Aquatic Skills

Gives participants success with fundamental skills

Level 3: Stroke Development

Builds on the skills in Level 2 through additional guided practice in deeper water

Level 4: Stroke Improvement

Develops confidence in the skills learned and improves other aquatic skills

Level 5: Stroke Refinement

Provides further coordination and refinement of strokes

Level 6: Swimming and Skill Proficiency

Refines the strokes so participants swim them with ease, efficiency, power, and smoothness over greater distances

YMCA Youth Aquatics

The youth program generally serves children ages 6-11 years old and takes a progressive approach that focuses on the child's physical, social, emotional, and cognitive development. During the courses, students will gradually progress through the mechanics of swimming as well as the fundamentals of water safety via discovery learning, guided practice and water sports and games. Classes are designed to ensure student's safety, build confidence, make learning fun, and challenge students to grow as both a swimmer and an individual.

POLLIWOG

Students become acquainted with the water, floatation devices, and pool. Students will learn paddle stroke, side and back paddle. To move to the next level they will need to swim across the pool without assistance with their face in the water.

GUPPY

Students are introduced to lead-up strokes: Front and back crawl, sidestroke, breaststroke, and elementary backstroke. Before moving on students must swim the length of the pool without assistance.

MINNOW

Students further refine the lead-up strokes: Front and back crawl, sidestroke, breaststroke, and elementary backstroke. To move to the next level they need to be comfortable swimming all strokes 25 yards.

FISH

Students work to perform the crawl stroke, elementary backstroke, back crawl stroke, and side stroke with turns. They are introduced to butterfly stroke. To advance, students must be able to swim all strokes 50 yards without stopping.

FLYING FISH

Perform the front crawl, back stroke, elementary backstroke, sidestroke, & breast-stroke; to advance student needs tread water for three minutes with combination kicks plus swim all strokes 100 yards.

SHARK

Swimmers focus on perfecting strokes and increasing endurance with open and flip turns. Students also learn advanced skills in boating, safety, and rescues. Perform front crawl, breaststroke, elementary backstroke, & sidestroke with open turns; perform the butterfly.



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Youth Class Descriptions

Red Cross Learn-to-Swim

Level I: Introduction to Water Skills

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and back float
- Recover to vertical position from a front glide and back float
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help

YMCA Youth Aquatics

POLLIWOG

Component 1: Personal Safety

- Be present for a pool and class rules
- Front float 20 seconds w/o IFD or assistance*
- Back float 20 seconds w/o IFD or assistance*
- Float 30 seconds on front or back w/ IFD*
- Jump into shallow water w/o IFD or assistance*
- Discuss PFDs and boating safety

Component 2: Stroke Development

- Puts face in the water*
- 5 bobs in shallow water*
- Paddle on front 25 yards w/ IFD*
- Paddle on front 10 yards w/o IFD*
- Paddle on back 25 yards w/ IFD*
- Paddle on back 10 yards w/o IFD*
- Kick 25 yards on front

Component 3: Water Sports and Games

- Climb up and down pole in shallow water
- Front and back glides

Component 4: Personal Growth

- Display signs of increased self-confidence.
- Demonstrate caring, honesty, respect, responsibility
- Listens and follows directions

Component 5: Rescue

- Describe dangers in and around water
- Know emergency phone number; know own phone number
- Demonstrate reaching assists

*Objectives are critical and must be met before advancing to the next level





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Youth Class Descriptions

Red Cross Learn-to-Swim

Level 2: Fundamental Aquatic Skills

- Enter water by stepping or jumping from the side
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and back float
- Recover from a front/back float or glide to a vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Staying safe around aquatic environments
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go

YMCA Youth Aquatics

GUPPY

Component 1: Personal Safety

- Be present for a pool rules/Diving rules
- Front float one minute w/o IFD*
- Back float one minute w/o IFD*
- Jump into deep water w/o IFD or assistance*
- Tread water 30 seconds w/o IFD*
- Jump into deep water, paddle 5 yards, back float 10 seconds, return to the side w/o IFD*
- Explore PFDs and Boating Safety

Component 2: Stroke Development

- Front alternating paddle with rhythmic breathing 25yards w/o IFD*
- Front symmetrical paddle 25 yards*
- Back alternating paddle 25 yards*
- Back symmetrical paddle 25 yards*
- Intro to side alternating paddle
- Intro to whip kick

Component 3: Water Sports and Games

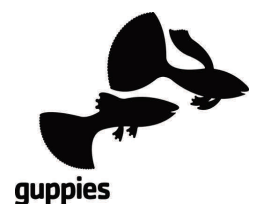
- Front and Back Glide
- Kneeling Dive w/ or w/o assistance

Component 4: Personal Growth

- Display signs of increased self-confidence.
- Demonstrate caring, honesty, respect, responsibility
- Listens and follows directions

Component 5: Rescue

- Describe dangers in and around water
- Know when and how to call for help
- Demonstrate reaching assists





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Youth Class Descriptions

Red Cross Learn-to-Swim

Level 3: Stroke Development

- Enter water by jumping from the side
- Headfirst entry from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Front crawl and elementary backstroke
- Scissors kick
- Reach or throw, don't go
- Think twice before going near cold water or ice
- Push off in a streamlined position then begin flutter and dolphin kicks on front

YMCA Youth Aquatics

MINNOW

Component 1: Personal Safety

- Be present for a pool rules/Diving rules
- Survival float 3 minutes*
- Tread water with scissors kick one minute*
- Tread water for 2 minutes with choice of kick and arm movements

Component 2: Stroke Development

- Front crawl 25 yards with rhythmic breathing
- Straight-leg flutter kick with front crawl
- Front crawl arms recover over the water
- Back crawl 25 yards with straight-leg flutter kick
- Back crawl 25 yards with over the water arm recovery
- Elementary backstroke 25 yards with whip kick (arms and legs move symmetrically)
- Breast Stroke 25 yards (Symmetrical arm pull)
- Sidestroke 25 yards with scissor kick (arms alternate)

Component 3: Water Sports and Games

- Front and Back Glide
- Standing dives
- Surface dive/underwater swimming
- Retrieve an object from depth of 6 feet or more

Component 4: Personal Growth

- Demonstrate caring, honesty, respect, responsibility
- Listens and follows directions

Component 5: Rescue

- Learn about rescue breathing
- Learn how to clear an obstructed airway
- Demonstrate reaching and throwing assists





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Youth Class Descriptions

Red Cross Learn-to-Swim

Level 4: Stroke Improvement

- Headfirst entry from the side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Reach or throw, don't go
- Recreational water illnesses
- Think so you don't sink
- Look before you leap
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Push off in a streamlined position then begin flutter and dolphin kicks on back

YMCA Youth Aquatics

FISH

Component 1: Personal Safety

- Be present for a pool rules/Diving rules
- Survival float 6 minutes*
- Discuss swimming in a current
- Tread water for 3 w/ combination of kicks*

Component 2: Stroke Development

- Front crawl 50 yards with rotary breathing* (S-shaped pull and bent elbow with an over water recovery)
- Back crawl 50 yards* (Body roll and straight arm recovery)
- Breaststroke 50 yards*
- Timing with breaststroke is pull, breathe, kick, glide
- Butterfly w/ or w/o fins for 25 yards*
- Butterfly arms move symmetrically
- Intro to dolphin kick
- Sidestroke 50 yards with scissor kick and glide

Component 3: Water Sports and Games

- Standing dives
- Surface dive/underwater swimming
- Intro to open turns

Component 4: Personal Growth

- Demonstrate caring, honesty, respect, responsibility
- Listens and follows directions
- Display teamwork

Component 5: Rescue

- Learn about first aid for cuts/bleeding
- Learn how to clear an obstructed airway





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Youth Class Descriptions

Red Cross Learn-to-Swim

Level 5: Stroke Refinement

- Shallow-angle dive from the side
- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives
- Front flip turn and backstroke flip turn while swimming
- Tread water
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Standard scull on back
- How to call for help and the importance of knowing first aid and CPR
- Recreational water illnesses
- Reach or throw, don't go
- Look before you leap
- Think so you don't sink
- Think twice before going near cold water or ice
- Wave, tide or ride, follow the guide

YMCA Youth Aquatics

FLYING FISH

Component 1: Personal Safety

- Be present for a pool rules/Diving rules
- Survival float 6 minutes*
- Discuss swimming in a current
- Learn about fitness, take own heart rate
- Tread water 6 minutes using several kicks

Component 2: Stroke Development

- Front crawl 100 yards (streamlined push-offs, open or flip turns, bilateral breathing, bent elbow recovery, S-shaped pull)
- Back crawl 100 yards* (Streamlined push offs, open or flip turns, body roll, straight-arm recovery, bent elbow push)
- Breaststroke 100 yards* (underwater pullout)
- Timing with breaststroke is pull, breathe, kick, glide
- Butterfly 50 yards* (2 beat dolphin kick, legs together, "keyhole" stroke underwater, over-arm recovery with symmetrical arms)
- Inverted breaststroke 50 yards
- Sidestroke 50* yards with scissor kick and glide
- Individual Medley 200 yards*

Component 3: Water Sports and Games

- Racing Start

Component 4: Personal Growth

- Demonstrate caring, honesty, respect, responsibility
- Listens and follows directions

Component 5: Rescue

- Learn about CPR
- Learn about heat/cold emergencies and cramps





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Youth Class Descriptions

Red Cross Learn-to-Swim

Level 6: Swimming and Skill Proficiency

Personal Water Safety

- 100 yards front crawl
- 100 yards elementary backstroke
- 50 yards breast stroke
- 50 yards side stroke
- Front crawl open turn
- Backstroke open turn
- Front crawl flip turn
- Backstroke flip turn
- Object retrieval 7-10 feet deep
- 2 min tread water
- 10 survival swim
- 5 min survival float
- Surface dives
- 500 yards continuously swim

Fitness Swimmer

- 100 yards front crawl
- 100 yards elementary backstroke
- 50 yards breast stroke
- 50 yards side stroke
- Front crawl open turn
- Backstroke open turn
- Front crawl flip turn
- Backstroke flip turn
- Circle swimming
- Using a pull buoy
- Using fins
- Using pace clock
- Cooper 12 min swim test
- 500 yards continuous swim

YMCA Youth Aquatics

SHARK

Component 1: Personal Safety

- Learn about rafting and tubing safety
- Learn about open water safety
- Take own heart rate and swim within target heart rate range

Component 2: Stroke Development

- Crawl stroke 100 yards with a front start and front flip turn
- Breaststroke 100 yards with pull out
- Inverted breaststroke 50 yards
- Back crawl 100 yards with underwater dolphin kick and streamline
- Overarm sidestroke 50 yards with a push-off and streamlining
- Trudgen crawl 50 yards
- 200 yards individual medley

Component 3: Water Sports and Games

- Front walkover
- Synchro skills with more than 2 people
- Create synchro swim pattern formations with others
- Participate in a routine with a synchro team
- Swim the water polo medley
- Pass the ball, alternating hands
- Play wetball 5 min in deep water

Component 4: Personal Growth

- Demonstrate caring, honesty, respect, responsibility
- Discuss service. Give 3 examples
- Do 1 volunteer assignment

Component 5: Rescue

- Learn about CPR
- Learn about heat/cold emergencies and cramps

