



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Welcome to the YMCA Swim Lesson Program. We are glad you chose the YMCA as your swim lesson provider. The Aquatics Department looks forward to serving you in the weeks ahead. Please take a few moments to look through this packet of information. This packet contains all you need to know about the swim lesson program. If you have any additional concerns or questions, please do not hesitate to contact us anytime.

First Day Expectations

Please make sure that all children come dressed and ready to get in the water at least 5 minutes before their class start time. Please find a comfortable place to sit and wait to be called for swim lessons. At the class start time, you and/or your child will be called to come to the pool for lessons. The supervisor will then call out names and direct participants to their respective classes. The instructors will evaluate the participants swimming ability. If the participant needs to move up or down a level the instructor will notify the supervisor and the supervisor will work with the parent to change to the appropriate class.

During Swim Lessons

While parents are encouraged to watch the swim lessons, we ask all parents to stay at least 15 ft. away from the pool. You may sit in prepositioned lounge chairs or under the overhang. Keeping a distance from the class area removes additional distractions to the participants, as well as the instructors. However, we do encourage parents to get to know their instructor. If you have any specific questions about your child's abilities, your instructor will be glad to talk with you. Please keep this brief though, as they have classes before and after yours. **DO NOT LEAVE YOUR CHILDREN UNATTENDED AT THE POOL!** We expect the parents to stay for the entire lesson. Please do not leave to run errands or go and work out.

We will begin every lesson at the same time on the days that class is held. An instructor will call for lessons at the appropriate time. Please do not interrupt the lessons going on before your class starts by having participants go to the poolside early. We encourage YMCA members to wait until after class for free swim. Having free swim before class can drain their energy as well as attention span. Please remember that the YMCA is a member based facility and that non-members are restricted from using the facility other than the allotted program time.

Discipline

The Swim lesson instructors and Lifeguards will do their best to talk with individuals about rules at the pool, but we do expect the parents to reinforce the pool rules while here. If you feel it is necessary to discipline your child during swim lessons please remove your child from the lesson first as to avoid as much distraction as possible.

Incllement Weather

The Lifeguards will close the pool under the following conditions:

- Lightning is sighted
- Rain is heavy enough that it limits the visibility of the bottom of the pool
- Any other situation the lifeguard deems unsafe

The first time the participants are instructed to leave the pool for weather or the last day of class, whichever comes first, there will be a safety lecture. This is part of the curriculum of the class and is something we can do inside and out of the pool. The safety lecture will be different for every class and will include things like never going swimming alone, using lifejackets, or calling 911. The instructors will communicate with parents/ Front desk to inform them where the safety lecture will be held.

Last Day of Class

Please remember the last day of classes will be scheduled for Wed of the third week (except for session 1 due to Labor Day). There are 8 scheduled lessons for each class.

Cancelation/ Make-up classes

If the participants are instructed to leave the pool for weather a 2nd (or 3rd, 4th) time we will be forced to cancel class. We will not cancel class until 15 minutes prior to the class start time. This information will be communicated to the front desk as well as our YMCA twitter account (www.twitter.com/ncfymca). You can also check our twitter feed on our website, www.ncfymca.org . If in doubt please come to the YMCA anyway. If there is a break in the weather we will get in the pool.

If your class has been canceled a make-up will be scheduled on a different afternoon at the same time. We may use the last Friday or a Saturday morning. These times will be specified in advance and we will make sure everyone knows when to come. The YMCA is not obligated to make-up any classes missed for personal reasons.

For any other information please contact Aquatics Department at 352-374-9622 or s.chase@ncfymca.org .

Skippers Swim Program (ages 3-5)

The Skipper program is designed for children ages 3-5 with 3 levels: Pike, Eel and Ray. Our goal is to teach personal safety, body awareness, swimming skills and appreciation of water. Classes are a maximum of six children per class. Each child is different and it's normal for children to proceed through the classes at varying rates. The following are the skills required to complete each level:

PIKE

Personal Safety

- Pool Rules
- Adjustment away from Parents
- Comfortably put face in water
- Let go of wall, swim/paddle, turn, grab wall
- Demonstrate proper use of a PFD
- Wearing a PFD paddle stroke 5 yds. Front and Back

Stroke Development

- Paddle on front 5 ft.
- Paddle on back 5 ft.
- Float on front with/without IFD
- Float on back with/without IFD

Rescue

- Describe 2 examples of danger
- Know when to yell help
- Dialing 911

EEL

Personal Safety

- Pool Rules
- Front and Back float for 20 sec.
- Jump in wearing a PFD, paddle 10 yds. and back
- Jump in, run and return to the side without assistance

Stroke Development

- Front crawl w/ rhythmic breathing 15 ft.
- Back crawl 15 ft.
- Paddle on side 15 ft.

Rescue

- Recognizing an emergency
- Calling 911
- Reaching/throwing assists

RAY

Personal Safety

- Float on back 30 sec.
- Tread water 30 sec.
- Bob and get breath 10 times in shallow water

Stroke Development

- Front crawl 20-25 yds.
- Back crawl 20-25 yds.
- Standing dive
- Tread water 1 minute

Rescue

- Practice reaching assist
- Practice throwing assist
- Recognizing an emergency
- Calling 911

Progressive Swim Program (ages 6-12)

The Progressive program is designed for children ages 6-12 with 4 levels: Polliwog, Guppy, Minnow and Pre-competitive. Our goal is to teach personal safety, body awareness, swimming skills and appreciation of water. Classes are a maximum of six children per instructor (except for per-competitive). Each child is different and it's normal for children to proceed through the classes at varying rates. The following are the skills required to complete each level:

POLLIWOG

Personal Safety

- Pool Rules
- Comfortably put face in the water
- jump off wall, swim/paddle, turn , grab wall
- Demonstrate proper use of PFD

Stroke Development

- Front crawl 5-10 yds
- Back crawl 5-10 yds
- Front float 10 secs
- Back float 10 secs

Rescue

- Recognizing an emergency
- Calling 911
- Practicing reaching/throwing assists

GUPPY

Personal Safety

- Front & back float 1 min
- Tread water 30 secs
- Hold "HELP" position

Stroke Development

- Front crawl w/ rhythmic breathing 15 yds
- Back crawl 25 yds
- Rudimentary Breaststroke 25 yds
- Sidestroke w/ scissor kick 15 yds

Rescue

- Practice reaching/throwing assists
- Proper care for choking

MINNOW

Personal Safety

- "Help" position for 3 mins
- Treading water using 3 different kicks
- Proper diving techniques

Stroke Development

- Freestyle w/ rotary breathing 25 yds
- Backstroke 25 yds
- Elementary backstroke 25 yds
- Breaststroke 25 yds
- Swim Test 15yd swim – 30 sec tread-20 yd swim

Rescue

- Basic First Aid (bleeding and choking)
- Learn accident prevention
- Caring for Head, Neck and Back injuries

PRE-COMPETITIVE

Stroke Development

- Freestyle
- Backstroke
- Breaststroke
- Butterfly
- Flip-Turns
- Breast stroke pullouts
- Starts
- Endurance building