



























YMCA Swim Lessons

Hello! My name is _____

I am teaching your child 4 / Stroke Introduction 5 / Stroke Development 6 / Stroke Mechanics this session.

At the Y, swimming is a life skill. Our swim lessons prepare kids of all ages to stay safe and have fun in the water, building strong swimmers and confident kids. Listed below are the skills we'll be working on this session. I will look for your child to comfortably and consistently perform each skill in order to progress to the next stage. Please feel free to ask me questions about the skills or your child's progress.

4 / STROKE INTRODUCTION	5 / STROKE DEVELOPMENT	6 / STROKE MECHANICS
 <p>Endurance any stroke or combination of strokes, 25 yd.</p>	 <p>Endurance any stroke or combination of strokes, 50 yd.</p>	 <p>Endurance any stroke or combination of strokes, 150 yd.</p>
 <p>Front crawl rotary breathing, 15 yd.</p>	 <p>Front crawl bent-arm recovery, 25 yd.</p>	 <p>Front crawl flip turn, 50 yd.</p>
 <p>Back crawl 15 yd.</p>	 <p>Back crawl pull, 25 yd.</p>	 <p>Back crawl pull & flip turn, 50 yd.</p>
 <p>Dive sitting</p>	 <p>Dive kneeling</p>	 <p>Dive standing</p>
 <p>Resting stroke elementary backstroke, 15 yd.</p>	 <p>Resting stroke sidestroke, 25 yd.</p>	 <p>Resting stroke elementary backstroke or sidestroke, 50 yd.</p>
 <p>Tread water scissor & whip kick, 1 min.</p>	 <p>Tread water scissor & whip kick, 2 mins.</p>	 <p>Tread water retrieve object off bottom, tread 1 min.</p>
 <p>Breaststroke kick, 15 yd.</p>	 <p>Breaststroke 25 yd.</p>	 <p>Breaststroke open turn, 50 yd.</p>
 <p>Butterfly kick, 15 yd.</p>	 <p>Butterfly simultaneous arm action & kick, 15 yd.</p>	 <p>Butterfly 25 yd.</p>