

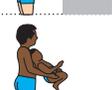
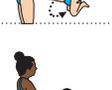
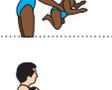
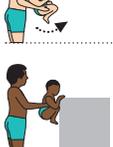
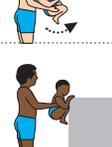


YMCA Swim Lessons

Hello! My name is _____

I am teaching your child A / Water Discovery B / Water Exploration 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.

A / WATER DISCOVERY	B / WATER EXPLORATION
 <p>Blow bubbles on surface, assisted</p>	 <p>Blow bubbles mouth & nose submerged, assisted</p>
 <p>Front tow chin in water, assisted</p>	 <p>Front tow blow bubbles, assisted</p>
 <p>Water exit parent & child together</p>	 <p>Water exit assisted</p>
 <p>Water entry parent & child together</p>	 <p>Water entry assisted</p>
 <p>Back float assisted, head on shoulder</p>	 <p>Back float assisted, head on chest</p>
 <p>Roll assisted, back to front & front to back</p>	 <p>Roll assisted, back to front & front to back</p>
 <p>Front float chin in water, assisted</p>	 <p>Front float blow bubbles, assisted</p>
 <p>Back tow assisted, head on shoulder</p>	 <p>Back tow assisted, head on chest</p>
 <p>Wall grab assisted</p>	 <p>Monkey crawl assisted, on edge, 5 ft.</p>

We know families take a variety of forms, so we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.