

YWCA Swim Lesson Goal Expectations

Adult 30 mins

Ages: 13 to 99. From beginner to advance this class will teach you the basics from breath control, floating, learning stroke development such as freestyle, backstroke and much more.

Goals:

- Breath Control use mouth and nose
- Floating on front and back with recovery to standing position
- Learning freestyle and backstroke
- Learning breaststroke and elementary backstroke
- Becoming more comfortable in the water

Parent/Child Swim Lessons 30 mins

Ages: 6 months – 2 years. Parent/Child lessons are designed to get your child acclimated to the water and to teach YOU the caregiver how to safely swim and be with your child in the water. During these lessons you and your child will be learning how to be safe and comfortable in and around water, singing songs, playing and bonding with your child.

Goals:

- Water adjustment for child to feel comfortable in and out of the water
- Holding and support techniques
- Blowing bubbles and getting face wet.
- Learning front and back float with or without support.
- Developing arm and leg actions in the water.
- Introduction to appropriate water safety skills such as entry/exit.

Special Requirements

- Child must have good head and neck control
- Parent or responsible adult must accompany child in the water
- Swim diaper required for babies

Preschool Swim Lessons 30 mins

Preschool swim lessons are for ages 3 to 5. From beginner to advance in this class your child will learn how to adjust to the water and develop independent movement. They will learn the basics from floating, front crawl, back crawl, pool safety and most of all HAVE FUN!!! On the first day of class your child will be evaluated and put into the appropriate levels.

Level 1 Goals:

- Water adjustment, entry and exit
- Learning how to blow bubbles through mouth and nose with breath control
- Learning front and back float with or without support
- Learning to roll from front float to back float
- Treading with support
- Intro into front and back crawl - learning alternating arm movement with extension
- Coordinating arm and leg movements on front and back with support
- Personal safety skills

Level 2 Goals:

- Water adjustment, entry and exit
- Learning how to blow bubbles through mouth and nose with breath control and full face submersion
- Learning bobbing safety skill
- Float and glide unsupported on front and back
- Treading with and without support
- Changing direction and position
- Coordinating arm and leg movements on front and back with and without support (front and back crawl)
- Intro to Elementary backstroke
- Personal safety skills

Level 3 Goals: (*can be combined with level 2*)

- Enter by jumping in
- Bobbing fully submerge head and hold breath
- Breath control with intro to rhythmic breathing (Breathing on side)
- Learning Elementary Backstroke
- Front and back float independently
- Change direction while swimming on front and back
- Treading for 30 seconds
- Combined stroke on front and back for at least 15 yards (half of the length of the pool using front and back crawl)
- Personal safety skills

Youth Swim Lessons 30 mins

Youth swim lessons are for ages 6-12. From beginner to advance this class teaches basic skills such breath control, floating, learning strokes and development and much more! On the first day of class your child will be evaluated and put into the appropriate levels.

Level 1 Goals:

- Water adjustment, entry and exit
- Learning how to blow bubbles through mouth and nose with breath control
- Learning front and back float with or without support
- Front/back glide with recovery and limited support
- Learning to roll from front float to back float
- Pick up submerged objects
- Treading with or without support
- Intro into front and back crawl - learning alternating arm movement with extension
- Intro to Elementary backstroke
- Coordinating arm and leg movements on front and back with support
- Personal safety skills

Level 2 Goals:

- Entry and exit – Step or jump in
- Breath control with intro to rhythmic breathing (Breathing on side)
- Learning bobbing safety skill
- Float and glide unsupported on front and back
- Treading with or without support
- Changing direction and positions
- Introduce rhythmic breathing (Breathing on side)
- Push off wall, swim using combined arm and leg movements independently (Front and Back Crawl)
- Coordinating arm and leg movements on front and back without support
- Learning Elementary backstroke
- Learning diving skills
- Personal safety skills

Prep-Team (Level 3) 45 mins

Ages 6 – 12 and must be able to swim 25 yards of Freestyle and Backstroke without floatation device. Prep-Team is the next level up with introducing stroke development and competitive swimming. Your child will build endurance and become a stronger swimmer while learning swim drills, flip turns, diving and much more!!!

Goals:

- Perfecting Freestyle and Backstroke stroke development
- Learning Breaststroke
- Introducing Butterfly stroke
- Work on proper form and techniques
- Stroke and kicking drills
- Diving, flip-turns and streamlining
- Increase Endurance

High School Prep-Team 45 mins

Ages 13 – 17, must be able to swim 25 yards of Freestyle and Backstroke. What to get ready for you summer swim team, school swim team or just want a challenge. This class will get you in swim team shape! You will perfect your strokes, work on swim drills, flip turns, diving and starts and much more!

Goals:

- Endurance building
- Perfecting Freestyle and Backstroke stroke development
- Learning Breaststroke
- Introducing Butterfly stroke
- Work on proper form and techniques
- Improving time and performance
- Stroke and kicking drills
- Diving, flip-turns and streamlining