



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pre Swim Team Lessons

See requirements below

About the Program

This is an advanced swim lesson course. Course will run similar to a swim team practice preparing youth for competitive swimming. Students will work on and refine all skill components of swimming.

Program Dates

4 week sessions

December 4-21, 2023

January 8-February 1, 2024

February 5-29, 2024

March 4 -21, 2024

(3 week session due to Spring Break)

April 1-25, 2024

April 29-May 23, 2024

****Additional Information****

Students must have passed at least Level 4 lessons and be in Level 5 at minimum.

Register by stopping by the Front Desk or online at www.sheridanymca.org

Sheridan County YMCA
417 N. Jefferson
Sheridan, WY 82801
Ph: 307 674 7488
www.sheridanymca.org

Days and Times

Tues/Wed/Thurs

4:30-5:40pm

Fees

Members: \$85

Program Members: \$150

Scholarships

Financial assistance applications available at the Y front desk.

Questions? Contact: Kyle Roberts



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SWIM SCHOOL (ages 3 & up)

Upon completion of each level the swimmer will be able to...

Level I- Water Adjustment

- Be aware of Safety Rules and Guard Recognition
- Safely enter the pool
- Enter & exit the pool independently
- Blow bubbles from mouth and nose for 5 seconds
- 5 Bobs in a row
- Assisted front & back floats
- Hand to hand crawl along wall for 5 ft and exit pool independently
- Intro to flutter kick on front and back
- Intro to streamline with rollover & 5 second assisted back float
- Jump in from side unassisted

Level II- Intro to Stroke Components

- Unassisted front and back floats for 5 seconds
- Unassisted flutter kick on front and back across width of the pool
- Intro to Freestyle (with side breathing), backstroke and breaststroke arms
- Bobbing toward wall in chest deep water
- Change from vertical to horizontal position on front and back
- Step from side in chest deep water, move into a front float for 5 seconds, roll to back float for 5 seconds then return to vertical position
- Streamline off wall-roll to back float for 5 seconds unassisted

Level III- Bring it all Together

- Freestyle with side breathing
- Backstroke
- Review of breaststroke arms
- Breaststroke legs on back
- Kneeling Dives
- Treading water for 15 seconds
- Swim freestyle ½ length of pool, roll over and float for 15 seconds, roll back over and swim remaining distance
- Underwater streamlines

Level IV- More advanced Strokes

- Standing Dives
- Review of Freestyle and Backstroke
- Breaststroke
- Dolphin Kick
- Push off with underwater streamline, swim 25 meters freestyle, tread water for 30 seconds, swim 25 meters backstroke