



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim School Lessons

Ages: 3 years and older

About the Program

Swim School Lessons teach skills that children will take with them and use throughout life. The confidence gained with independence in the water is priceless.

4 week sessions

February 5-29, 2024

March 4 -21, 2024

(3 week session due to Spring Break)

April 1-25, 2024

April 29-May 23, 2024

Days and Times

Mon/Wed

4:30-5:00 pm * Level 1, 2, 3, 4/5

5:10-5:40 pm * Level 1, 2, 3, 4/5

Tues/Thurs

10:30-11:00 am * Children ages 3-5

Level 1, 2 only

4:30-5:00 pm * Level 1, 2, 3, 4/5

5:10-5:40 pm * Level 1, 2, 3, 4/5

5:50-6:20pm * Level 1, 2, 3, 4/5

****Additional Information****

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

You must know your child's level at time
of registration. Information available on

Fees

Members: \$35

Program Members: \$65

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

Scholarships

Financial assistance applications
available at the Y front desk.

Other Questions? Contact: Kyle Roberts

Program Overview

Determining your child's level

(If all skills listed CANNOT be completed please register for that level)

Level I- Swim Basics

Increased comfort with underwater exploration and intro to basic self-rescue skills performed with assistance.

- Submerge – bob independently
- Front glide – assisted, to wall, 5 ft
- Water exit independently
- Jump, push, grab assisted
- Back float – assisted, 10 secs, recover independently
- Roll-assisted
- Front float – assisted, 10 secs, recover independently
- Back glide – assisted, at wall 5 ft
- Swim, float, swim – assisted, 10 ft
-

Level II- Water Movement

Encourages forward movement in water and basic, self-rescue skills performed independently.

- Submerge – look at object at bottom
- Front glide – 10 ft (5 ft preschool)
- Water exit independently
- Jump, push, turn, grab
- Back float - 20 secs (10 sec preschool)
- Roll
- Front float – 20 secs (10 sec preschool)
- Back glide – 10 ft (5 ft preschool)
- Tread water – 10 secs, near wall & exit
- Swim, float, swim – 5 yd

Level III – Water Stamina

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

- Submerge – retrieve object in chest-deep water
- Swim on front – 15 yd (10 yd preschool)
- Water exit independently
- Jump, swim, turn, swim, grab
- Swim on back – 15 yd (10 yd preschool)
- Roll
- Tread water – 1 min & exit (30 sec preschool)
- Swim float, swim – 25 yd (15 yd preschool)

Level IV – Stroke Introduction

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

- Endurance – any stroke or combination of strokes, 25 yd
- Front crawl – rotary breathing 15 yd
- Back crawl – 15 yd
- Dive – sitting
- Resting stroke – elementary backstroke 15 yd
- Tread water – scissor & whip kick 1 min
- Breaststroke kick – 15 yd
- Butterfly kick – 15 yd

Level V – Stroke Development

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

- Endurance – any stroke or combination of strokes, 50 yd
- Front crawl – bent arm recovery 25 yd
- Back crawl pull – 25 yd
- Dive – kneeling
- Resting stroke sidestroke - 25 yd
- Tread water scissor & whip kick 2 min
- Breaststroke – 25 yd
- Butterfly simultaneous arm action & kick – 15 yd

Level VI/Pre-swim Team – Stroke Mechanics

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

- Endurance – any stroke or combination of strokes - 150 yd
- Front crawl with flip turn – 50 yd
- Back crawl with pull & flip turn – 50 yd
- Dive – standing/starting block
- Resting stroke sidestroke – 50 yd
- Retrieve object from bottom of pool and tread water 1 min
- Breaststroke with open turn – 50 yd
- Butterfly – 25 yd