



**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.

### SESSIONS

**September 2-26 lessons available for registration. All other lessons will not be available to register until after September 9.**

Sept. 2-26<sup>th</sup>, 2024

Sept. 30-Oct. 24, 2024

Oct. 28-Nov. 28, 2024

Dec.2 – Dec. 19, 2024 (3 week)

Jan. 6-30<sup>th</sup>, 2025

Feb. 3-27<sup>th</sup>, 2025

March 3-27<sup>th</sup>, 2025 (3 week)

Off Spring Break Week Mar 17-20

March 31- April 24, 2025

April 28-May 22, 2025

### Days and Times

Mon/Tues/Wed

4:30-5:40pm

### **\*\*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](http://www.sheridanymca.org)

Sheridan County YMCA

417 N. Jefferson

Sheridan, WY 82801

Ph: 307 674 7488

[www.sheridanymca.org](http://www.sheridanymca.org)

### Fees

Members: \$85

(3 week - \$64)

Program Members: \$150

(3 week - \$113)

### 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