



**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.

### 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

### **\*\*Additional Information\*\***

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)

Other Questions? Contact: Kyle Roberts

### 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

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

### Fees

Members: \$35

(3 week - \$27)

Program Members: \$65

(3 week – \$49)

### Scholarships

Financial assistance applications available at the Y front desk.

## 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
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#### 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