

YMCA SWIM LESSONS 2008 SCHEDULE TIMES

WE FILL EARLY TIME SLOTS FIRST

SESSION 1 / JUNE 16TH – 26TH

LEVEL 3	8:00-8:30	LEVEL 4
LEVEL 2	8:35-9:05	LEVEL 3
LEVEL 1	9:10-9:40	LEVEL 2
LEVEL1	9:45-10:15	LEVEL 2
LEVEL2	10:20-10:50	LEVEL 3
LEVEL 1	10:55-11:25	LEVEL 4
LEVEL 1	11:30-12:00	LEVEL 3

SESSION 2 / JULY 7TH – 17th

LEVEL 3	8:00-8:30	LEVEL 2
LEVEL 4	8:35-9:05	LEVEL 3
LEVEL 1	9:10-9:40	LEVEL 2
LEVEL 1	9:45-10:15	LEVEL 3
LEVEL 2	10:20-10:50	LEVEL 3
LEVEL 1	10:55-11:25	LEVEL 2
Mom & Me	11:30-12:00	LEVEL 4

SESSION 3 / JULY 21st – July 31st

LEVEL 3	8:00-8:30	LEVEL 4
LEVEL 1	8:35 - 9:05	LEVEL 2
LEVEL 3	9:10 – 9:40	LEVEL 2
LEVEL 1	9:45 - 10:15	LEVEL 1
LEVEL 2	10:20-10:50	LEVEL 3
LEVEL 1	10:55 - 11:25	LEVEL 1
LEVEL 4	11:30 - 12:00	LEVEL 2

Session 4/August 4th - August 14th

LEVEL 1	8:00-8:30	LEVEL 4
LEVEL 2	8:35-9:05	LEVEL 1
LEVEL 1	9:10-9:40	LEVEL 3
LEVEL 2	9:45-10:15	LEVEL 2
LEVEL 3	10:20-10:50	LEVEL 1
LEVEL 1	10:55-11:25	LEVEL 4
LEVEL 3	1130-1200	MOMMY& ME

YMCA SWIM LESSONS 2008 LEVELS

This is intended as a guide, level determinations are ultimately up to the instructor and department head.

LEVEL I - Water Exploration

- submerge face - 3 seconds
- bob in chest deep water
- supported front float
- supported back float
- bubble blowing
- enter and exit water
- walk 5 yards in water
- supported kicking on front
- water safety rules, reaching assists with equipment, EMS notification, don life jacket on deck and enter shall water.

LEVEL II - Primary Skills

- submerge head - 3 seconds
- retrieve objects
- explore deep water with support
- bob 10 times
- level off from vertical
- finning arm action
- flutter kick on back
- back crawl arm action
- unsupported supine float or glide and recovery
- unsupported prone float or glide and recovery
- combined stroke on front, arm action and kick - 5 yards
- combined stroke on back, kick and choice of arm action
- turn over front to back, back to front
- step in entry to chest deep water and exit at side of pool
- float in life jacket with face out of water, reaching and extension assists from deck, assist non-swimmer to feet, introduction to rescue breathing

LEVEL III - Stroke Readiness

- retrieve objects, eyes open
- bob 15 times, full submersion
- bob to safety
- jump into deep water
- prone glide/push off
- supine glide/push off
- front crawl with breathing
- coordinate back crawl
- elementary backstroke kick 10 yards
- dive from side of pool, kneel/compact positions
- reverse direction while swimming on front and back
- safe diving rules, tread water, jump into deep water with life jacket on
- H.E.L.P. and Huddle positions, open airway for rescue breathing

LEVEL IV - Stroke Development

- deep water bobbing
- rotary breathing
- elementary back, 10 yards
- sculling on back
- front crawl, 25 yards
- back crawl, 25 yards
- breast stroke kick, 10 yards
- scissor kick, 10 yards
- introduction to turning at wall
- learn rescue breathing, introduction to CPR
- dive from side of pool, stride and standing positions

LEVEL V - Stroke Refinement

- alternate breathing
- stride jump entry
- dive from board
- long shallow dive
- 10 yards breast stroke
- 10 yards side stroke
- swim under water
- 25 yards elementary back
- dolphin kick 10 yards
- 50 yards front crawl
- 50 yards back crawl
- open turn on front and back
- spinal injury recognition
- hip/shoulder support
- feet-first surface dive
- tread water for 2 minutes

LEVEL VI - Skill Proficiency

- approach and hurdle on board
- jump tuck from board
- front and back crawl, 100 yards each
- 25 yards breast stroke
- 25 yards side stroke
- butterfly 10 yards
- approach stroke 25 yards
- breast stroke turn
- side stroke turn
- throwing rescue
- speed turn and pull out for breast stroke
- flip turn from front crawl
- roll spinal injury victim face up
- pike and tuck surface dives