FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

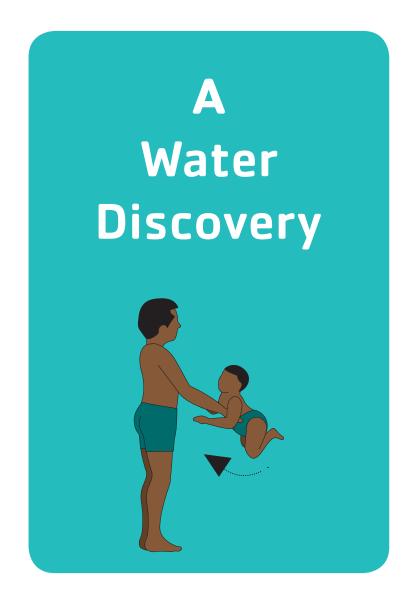
Stroke

Mechanics

# Program Overview

### **SWIM STARTERS**

Parent\* & child lessons



Introduces infants and toddlers to the aquatic environment

Water **Exploration** 

# bubbles, and fundamental

Focuses on exploring body positions, blowing safety and aquatic skills

### Outcomes

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidencebuilding experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Outcomes

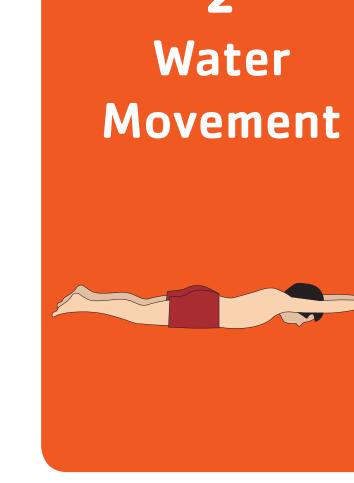
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

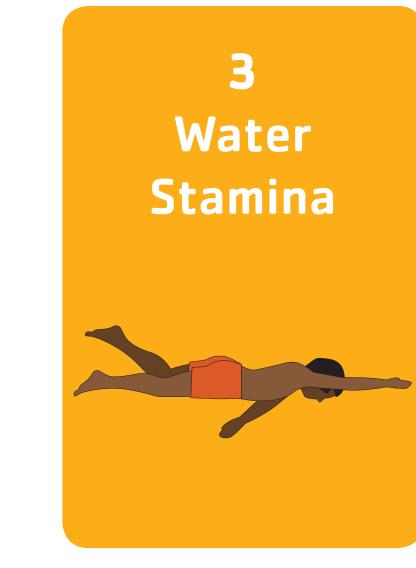
## **SWIM BASICS** (Safety Around Water) Recommended skills for all to have around water



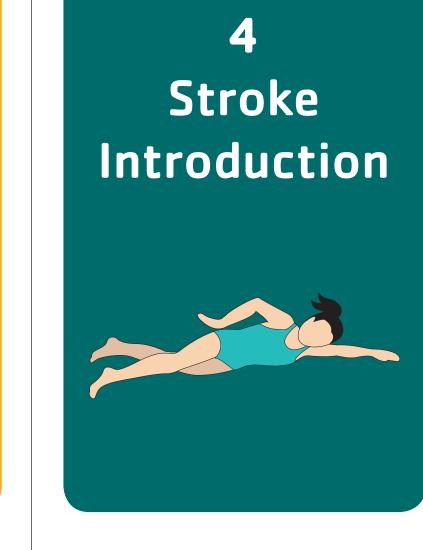
Increases comfort with underwater exploration and self-rescue skills performed with assistance



Encourages in water and basic self-rescue skills performed



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



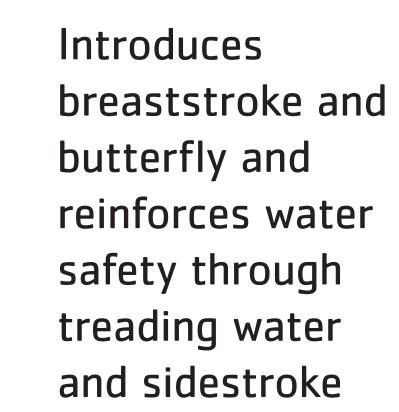
**SWIM STROKES** 

Skills to support a healthy lifestyle

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

Outcomes

lifetime of physical activity.



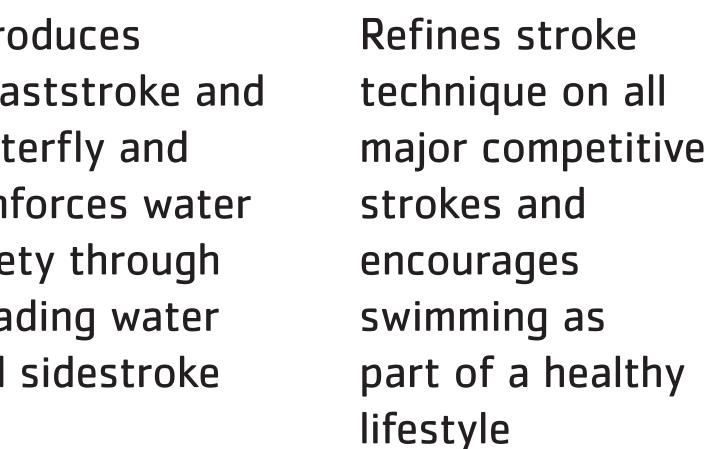
Having mastered the fundamentals, students learn

additional water safety skills and build stroke technique,

developing skills that prevent chronic disease, increase

social-emotional and cognitive well-being, and foster a

Stroke



## Outcomes

confidence, cultivate their passion, and stay active through specialized

# **PATHWAYS**

Specialized tracks







Students build tracks.

# Stages of Learning

SWIM STARTERS

Parent & child lessons

**Blow bubbles** on surface, assisted

Front tow chin in water, assisted

Water exit parent & child

Water entry parent & child together

**Back float** assisted, head on shoulder

Roll assisted

Front float chin in water, assisted

Back tow assisted, head on shoulde**r** 

Wall grab assisted

Recommended skills for all to have around water

Submerge

blow bubbles, assisted

Water exit

**Blow bubbles** 

mouth & nose

submerged,

Front tow

assisted

Water entry assisted

Back float assisted, head

assisted

Front float blow bubbles, assisted

Back tow assisted, head on chest

> Monkey crawl assisted, on edge, 5 ft.

SWIM BASICS

bob independently

Front glide assisted, to wall,

Water exit independently

assisted, 10 secs., recover

Roll

Water exit

Front float

preschool)

Back glide

10 ft. (5 ft.

Tread water

wall, & exit

10 secs., near

Swim, float, swim

preschool)

20 secs. (10 secs.

independently

Submerge

Front glide 10 ft. (5 ft.

Jump, push, turn, grab

Jump, push, assisted turn, grab **Back float** 

**Back float** 20 secs. (10 secs.

assisted

Front float assisted, 10 secs., recover independently

Back glide assisted, at wall,

Swim, float, swim assisted, 10 ft.

Submerge look at object on retrieve object ir chest-deep water

> Swim on front 15 yd. (10 yd. preschool)

> > Water exit independently

Stamina

Infant & Toddler

6 mos.–3 yrs.

Stages A–B

Jump, swim, turn, swim, grab

10 yd. Swim on back 15 yd. (10 yd.

Tread water 1 min. & exit (30 secs. preschool)

Swim, float, swim 25 yd. (15 yd. preschool)

### SWIM STROKES

Skills to support a healthy lifestyle

3-5 yrs.

**Endurance Endurance** any stroke or any stroke or combination of combination of

Front crawl Front crawl rotary breathing,

Back crawl

strokes, 25 yd.

15 yd.

15 yd.

elementary

backstroke,

**Tread water** 

kick, 1 min.

kick, 15 yd.

Butterfly

kick, 15 yd.

scissor & whip

Breaststroke

15 yd.

Resting stroke Resting stroke

25 yd.

strokes, 50 yd.

25 yd.

Dive

**Back crawl** 

pull, 25 yd.

Tread water scissor & whip kick, 2 mins.

Breaststroke 25 yd.

Butterfly simultaneous arm action & kick, 15 yd.

**Endurance** 

any stroke or

Front crawl

Back crawl

pull & flip turn,

Resting stroke

elementary

sidestroke,

50 yd.

backstroke or

Tread water

off bottom,

open turn,

Butterfly

50 yd.

25 yd.

tread 1 min.

Breaststroke

retrieve object

50 yd.

50 yd.

Dive

combination of

strokes, 150 yd.

5–12 yrs.



PATHWAYS

Specialized tracks

Leadership



\*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

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