Dear Parents/Guardians,

Thank you for enrolling your child/children in the Bangor Region YMCA Swim Lessons. **Your child is in for a fun, safe and positive experience!**

**The Bangor Region YMCA’s goal is to increase Safety Around the Water.** Because Maine has abundant locations for recreation around water, it is extremely important that children and adults know how to swim and enjoy water safely. Our YMCA is dedicated to this goal by providing a program for all ages and ability levels.

Our swim lessons program meets national YMCA standards. We focus on integrating water safety benchmark skills such as “Swim, Float, Swim” and “Jump, Push, Turn, and Grab” at a beginner level to help children learn what to do in an emergency. At an advanced level, we will prepare them for competitive swimming and lifeguarding. **At the Y, we celebrate your child’s achievements, give them a sense of belonging, and build positive relationships.** To foster this, our program will teach the whole child by integrating character and safety lessons into each session. Lastly, we **want to increase our communication with you.** Therefore, you will receive mid-session and end-of-session progress reports from your child’s instructor.

If there are any limitations or special needs your child may have that could impact their health, safety or ability to understand and follow directions or perform various skills, please let us know before the session begins so we can make the needed accommodations. All of our Certified Swim Instructors are equipped with the teaching techniques to best reach students with diverse abilities.

We know that many parents/guardians (old and new) have many questions. For that reason, we are providing this handbook full of information that you will need to know for a successful lesson experience. **Inside is information regarding locker room usage, policies, and other guidelines. Please take the time to read and review this handbook.**

Feel free to contact us with any additional questions or concerns that you may have by emailing Shawn Rich at srich@bangorY.org or Tammy Hodgdon at thodgdon@bangorY.org

Thank you for choosing our Y to teach your child/children this important life skill.

Sincerely,

Bangor Region YMCA Aquatics
207-941-2808 ext. 332
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(Must be returned to Aquatics Manager)
OBJECTIVES
1. To teach swimming skills for personal safety
2. To provide aquatic activities for the purpose of improvement in range of motion, endurance, muscular strength, gross motor skills, perceptual motor skills, and general physical fitness
3. To provide the basics for a lifetime sport
4. To provide character development and social and emotional skills needed to build self-confidence
5. To enhance your child’s enjoyment of the water

LESSON PROGRAM OVERVIEW
Swim lessons run in 7 to 8 week sessions. Stages are offered for all abilities.

Swim Starters (Parent & Me): We offer two water adjustment classes: Water Discovery for children ages 6 months – 2.5 years old and Water Exploration for children ages 18 months – 3 years old.


The chart below gives a description of each stage and the expected outcome.

Program Overview

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<th>SWIM STARTERS</th>
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<td>Parent* &amp; child lessons</td>
<td>Recommended skills for all to have around water</td>
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<td>*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.</td>
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### Outcomes

**A Water Discovery**
- Introduces infants and toddlers to the aquatic environment
- Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

**B Water Exploration**
- Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance
- Encourages forward movement in water and basic self-rescue skills performed independently
- Develops intermediate self-rescue skills performed at longer distances than in previous stages

**1 Water Acclimation**
- Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

**2 Water Movement**
- Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

**3 Water Stamina**
- Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

**4 Stroke Introduction**
- 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

**5 Stroke Development**
- 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 lifetime of physical activity.

**6 Stroke Mechanics**
- Students build confidence, cultivate their passion, and stay active through specialized tracks.
CLASS RATIOS

Our Preschool student ratio is set at 1:6 for all lessons. Advanced levels may have a 1:8 ratio. Parent & Me lessons are up to 1:12. Some classes may have smaller ratios if registration is not full. **We must have a minimum of 3 registered students to run a class.** Should we need to cancel a class due to lack of enrollment, we will make every effort to transfer your child into another class. If we are unable to transfer your registration, a full credit will be issued.

REGISTRATION

The registration start dates for each session are listed in our Swim Lesson Brochure. Our brochure is available online at BangorY.org and printed copies can be found at our Welcome Center and in the Pool Lobby. **Class size is limited, so if a specific day and time are needed to fit your schedule, we strongly recommend that you register early on the first day of registration.**

For your convenience, there are several ways to register. If you are unable to stop by our Y to register, you can visit us online at BangorY.org. You may also register over the phone with our Welcome Center by calling 941-2808. Over the phone registration is only available to members and returning swimmers. Due to the high volume of calls our Welcome Center can receive, we ask that you have your class day/time and credit card information ready. Please check our Swim Lesson Brochure or our website for registration dates.

REFUNDS/CREDITS

A refund, minus a **$20.00 cancellation fee** will be granted if request is made one week or more before the start of the session. A system credit can be applied if the request is made less than one week before the session begins. Refunds will not be issued to participants who drop out after classes begin. **If classes are cancelled due to COVID-19, a system credit for the remainder of the session will be applied to your child’s account.**

ABSENCES & MAKE-UP LESSONS

Participants are urged to attend all classes. The only make-up lessons we will offer will be held on a **date determined at the beginning of the session.** Levels 1 - 4 will be covered between 3:30 - 5:30pm and each class will only be 30 minutes regardless of age. **Sign up for make-up lessons will begin the first day of the session and your child must be signed up for the make-up lesson by the last Friday of the session.** To sign up for your make-up lessons, please stop by our Welcome Center or call 941-2808. We have many children enrolled in our programs and we adhere to strict ratios. It would be unfair to other participants to add an additional child to the class, impacting the quality of the lesson. To attend make-up lessons, signing up is required; those who do not sign up will not be able to attend due to limited space. If the YMCA cancels a class for any reason other than Holiday closings, a special make-up class will be scheduled if possible.

To schedule a make-up lesson for Swim Starters (Levels A & B), please contact our Aquatics Manager. Only one make-up lesson will be issued regardless of circumstances. There will be no make-up lessons for Levels 5 & 6.

YMCA’S AGE POLICY

Any child under the age of 9 may not enter the pool area without adult supervision. If your child is enrolled in a program, please make sure a responsible adult escorts them to and from the program. **Please do not drop them off at the curb and allow them to walk in by themselves, as this is not permitted.** When you bring your child in, please park your vehicle in a parking spot, keeping the fire lane open.

NONDISCRIMINATION

It is the policy of the YMCA to make membership and programs available to all persons regardless of race, color, religion, sex, age, marital status, sexual orientation, gender identity or expression, national origin, disability, or financial circumstances without discrimination.

DRESS CODE

Since we are a family organization, we ask that everyone be discreet and attempt to cover genitalia in the locker rooms.

We strongly recommend that everyone ensures the continued safety within the facility and considers the YMCA’s four core values (caring, honesty, respect, and responsibility) in their choice of attire by observing the guidelines below.

- Must wear activity-appropriate attire
• Must wear shoes at all times (except in the pool, yoga & babysitting areas), closed-toed shoes enforced in fitness areas
• Must wear a full shirt/tank top in program areas at all times
• Should wear attire that displays appropriate print/artwork

**LOCKER ROOMS/LESSON PREPARATION**

Boys under the age of 18 must use the Boys/Men’s locker room (located across from the Fitness Center). Girls under the age of 18 must use the Girls/Women’s locker room (located on the left when heading towards the Women’s 18+ locker room entrance). Male parents/guardians accompanying girls under age 6 may use the Boys/Men’s locker room. Female parents/guardians accompanying boys under age 6 may use the Girls/Women’s locker room. If you prefer more privacy, please use the Private/Family Changing areas in our lobby and the Family bathroom by the Weight Room.

We strongly suggest that you not leave any valuables in the lockers. The Bangor Region YMCA is not responsible for lost or stolen articles. **You may bring a lock for your locker, but all locks must be removed from the locker when you leave.** Any locks that are left will be cut.

Please remove Band-Aids before entering the pool. For the safety and health of everyone in the pool, anyone with an open sore should NOT swim. Participants are not permitted to chew gum or candy in the pool area. Shoulder-length hair must be tied back or capped to keep it out of the swimmer’s eyes, as well as to help keep the pool clean. **All swimmers are asked to shower before entering the pool area.** After class, swimmers should dry off in the drying area by the showers to help keep the locker area as dry and safe as possible.

Food and drinks (except water in a plastic container) are not permitted in the locker rooms. No glass containers are allowed in the locker rooms or on our pool decks.

So children do not miss the beginning of their class, please allow enough time for them to dress and shower before class begins. If dressing in the changing cubicles, please remove your articles of clothing and bags from the area after you’re done dressing so that others can use it. **Do not forget to ask your child if they need to go to the bathroom before class begins.** Preschool children must wait on the bench until the swim instructor is ready and lets them know that it is time for class. This prevents the little ones from being accidentally injured by older children or adults.

**BATHROOM POLICY**

*Please have your child go to the bathroom before class.* If your child needs to use the restroom during class, parents/guardians must escort them to the bathroom. Swimmers ages 3 years and older are not permitted to wear any type of diapers, including swim diapers. Children who are 3 years old must be potty-trained to participate in our progressive swim lessons.

**SHOWER BEFORE CLASS**

*This is an important step in helping to keep the pool clean.* Taking a shower to remove body oil, sweat, lotions, deodorants, and perfumes enables us to use fewer chemicals in the pool. Also, rinsing with cool water helps to lower your body temperature so there is no shock to the body when entering the water.

**SHOES**

Children may wear water shoes, flip flops or sandals in the locker room, shower area, and on the pool deck. Water shoes may not be worn in the pool for swim lessons. The shoes add extra weight to your child’s feet and lead to difficulty learning proper kicking techniques and supporting themselves in the water.

**CELL PHONE USAGE**

Parents/guardians using their cell phone during swim lessons must have them on silent. If you need to have a phone conversation, you must leave the pool area. There are multiple adults and children that use the pool and it is inappropriate to assume they would like to be in a video or a picture that is captured and shared with others, including social media.

**PHOTOS & VIDEOS**

Out of the respect for every child and parent/guardian, and due to the fact that many individuals do not want their photos or their child’s photos on social media, you are **not allowed to take any photos or videos of anyone but your own child.** If you are taking photos or videos of the entire group, our Aquatics Staff will ask you to stop and delete.
SWIM LESSON ETIQUETTE

For each child to receive the best possible experience, it is required that every child comes to their lesson with a positive attitude. Being safe is our number 1 priority at the Y. We want to have a fun learning environment and that requires all our swimmers being safe. We also want our swimmers to be respectful to the other swimmers, their instructors, and our equipment. Failure to be safe or respectful can result in time away from class and potential removal from swim lessons. We want everyone to be successful, but we must maintain a safe environment for all of our swimmers.

WHEN SHOULD I NOT BRING MY CHILD TO LESSONS?

Open wounds and contagious diseases/illnesses are reasons to keep your child out of the pool until healed or well. At the Bangor Region YMCA, we abide by strict regulations regarding bloodborne pathogens and other bodily fluids. Participants with open cuts, blisters, inflamed eyes, contagious skin rashes, or any communicable disease are not permitted in the pool. Anyone who has or had diarrhea in the past two days should refrain from using the pool.

START OF THE CLASS

If children arrive early for class, they must wait in the Pool Lobby until it is time for their class to begin. An instructor will open the door and tell them when it is time for class. You should accompany your child into the pool area and make sure that they get to the correct spot for their lesson. It is highly recommended that you leave your child’s towel on the bench for immediate access after the lesson. Please have your child’s name written on the towel to avoid any confusion. Parents/guardians are permitted to stay in the pool area during swim lessons unless the child is having a problem focusing with the parent/guardian around.

DISMISSAL TIME

Please meet your child, particularly younger ones, in the pool at the end of class. Check if your child has the correct towel and any other items (goggles, water shoes, etc.). Our instructors are happy to talk to parents/guardians and answer any questions you may have. If your discussion requires longer time than just a few minutes, we encourage you to schedule a separate time by seeing our Aquatics Manager.

PARENT/GUARDIAN OBSERVATION

We ask that at no time do parents/guardians interrupt a lesson that is in progress. If we need you, we will signal you for help. There are benches provided for you to sit on during lessons. Please do not allow siblings who are observing the lessons to be disruptive or unsafe i.e. run on the deck or go towards the water. This is a very important safety issue. They will be asked to leave if they are disruptive or are in danger of getting hurt. Please make sure to see your child’s instructor at the last day of the session for your child’s Certificate of Achievement.

WHAT SHOULD I DO IF MY CHILD IS CRYING?

Many times, first time participants can become overwhelmed with the lesson experience. It is not unusual for a child to become upset when in unfamiliar surroundings. Your child may show great apprehension or cry during the first few weeks of lessons. They may not wish to return, or they may pretend to be ill. Be persistent and they will overcome their fears. Our instructors are trained to handle this kind of situation. The best thing you could do for your child is to give your child to the instructor and leave the pool area immediately. Sometimes parents/guardians feel their child will be more comfortable with them on the pool deck, but this only makes the instructor’s job more difficult and distracts your child and the other children in the class. Please let our trained instructors work with your child.

EXTRA PRACTICE AND AT HOME PRACTICE

Bring your child to Family Swim (see our Pool Schedule for available times) and give them an opportunity to show you what they are learning in class. The more opportunities children are given to practice, the faster their progress will be. Frequency is a very important factor in learning. Family Swim is included in Y memberships and are $10 per person or $15 per family for Non-Members.

Practice in the bathtub at home is very beneficial if your child is not acclimating to getting their face and ears wet in the pool. Spend part of each bath time letting water drip over their face, blowing bubbles, getting their face wet and lying on their back to get their ears wet. For some children, this is an unnatural feeling and must be done gradually. Have your child practice floating on their back. Begin in a small amount of water and then increase the depth. This helps the child become accustomed to having water in their ears and gain an understanding of the buoyancy of their body. For advanced levels, have children practice arm movements for various strokes while...
standing on the floor. They can practice crawl stroke arms, backstroke arms, breaststroke arms, and butterfly arms. Remember to never, ever leave a child alone in the bathtub or swimming pool.

**TESTING AND CERTIFICATES OF ACHIEVEMENT**

Children are continuously being evaluated on their progress during class. There is no specific “Test Day”. As mentioned earlier, we want to celebrate your child’s achievements and will mark your child’s progression on an individual basis when they are ready. **Readiness is an important concept in learning; a child will never be pushed to perform skills that are beyond their ability.**

During the session, you will receive a Mid-Session Report and End-of-Session Progress Report. These will help you see your child’s progress and help you understand which skills they need more work on. The End-of-Session Progress Report will also list which class your child should be signed up for next session. You may not sign your child up for a class they are not ready to be in. Lesson placement is solely up to the Bangor Region YMCA Aquatics Staff. If a child is signed up for a level they are not ready for, they will not be able to attend the class and will be placed in the correct level as long as space is available.

**INDIVIDUAL DIFFERENCES**

Each child differs in their progress in all activities, including swimming. With our progressive swim stages, we want to celebrate all of their achievements—big and small. Our trained instructors have the experience and knowledge to cater the skills to the child’s individual needs. Therefore, **we do not compare one child’s ability to another.** Don’t be discouraged if your child does not seem to be doing as well as another child.

**Some examples of what may cause slow progress:**

1. Fear of the water
2. Slow acclimation to being comfortable in the water
3. Difficulty focusing
4. Learning of/or discussing a friend or family member’s (especially an adult’s) fear of the water

**BUBBLES**

The bubble is **not** a USCG (United States Coast Guard) approved PFD (personal flotation device). It is a teaching aid to be used like a kickboard or pool noodle. **We encourage children to find comfort and confidence in the water without a bubble.** The beginning stages of the swim program help children gain the knowledge of what to do in the water if they find themselves in an emergency situation without a flotation aid. If you choose to put a USCG approved PFD on your child during Family Swim, you must always be within arms reach of your child in the water and it must be USCG approved.

**VOLUNTEERS**

The YMCA is always looking for volunteers. If you have any free time during the day and would enjoy volunteering in our swim program, please contact our Aquatics Manager. The more help that we have, the more time a child will receive in the water.

**OTHER QUESTIONS OR CONCERNS**

We want both you and your child to have a positive experience. If you have any questions or concerns, please contact Shawn Rich, Aquatics Manager, at srich@bangorY.org or Tammy Hodgdon, Chief Operations Officer, at thodgdon@bangorY.org.
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<tr>
<td></td>
<td>Back float assisted, head on shoulder</td>
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<tr>
<td></td>
<td>Roll assisted</td>
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<td>Front glide assisted, to wall, 5 ft.</td>
</tr>
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<tr>
<td></td>
<td>Jump, push, turn, grab assisted</td>
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<tr>
<td></td>
<td>Back float assisted, 10 secs., recover independently</td>
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<tr>
<td></td>
<td>Roll assisted</td>
</tr>
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<td>Front float assisted, 10 secs., recover independently</td>
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</tr>
<tr>
<td></td>
<td>Swim, float, swim assisted, 10 ft.</td>
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</tbody>
</table>

| **2** Water Movement | Submerge look at object on bottom |
| | Front glide 10 ft. (5 ft. preschool) |
| | Water exit independently |
| | Jump, push, turn, grab 10 yd. |
| | Back float 20 secs. (10 secs. preschool) |
| | Roll assisted |
| | Front float 20 secs. (10 secs. preschool) |
| | Back glide 10 ft. (5 ft. preschool) |
| | Tread water 10 secs., near wall, & exit |
| | Swim, float, swim 5 yd. |

| **3** Water Stamina | Submerge retrieve object in chest-deep water |
| | Swim on front 15 yd. (10 yd. preschool) |
| | Water exit independently |
| | Jump, swim, turn, swim, grab 10 yd. |
| | Roll assisted |
| | Front float assisted, 10 secs., recover independently |
| | Back glide assisted, at wall, 5 ft. |
| | Swim, float, swim 25 yd. (15 yd. preschool) |

| **4** Stroke Introduction | 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. |
| | Roll assisted |
| | Tread water scissor & whip kick, 1 min. |
| | Breaststroke kick, 15 yd. |
| | Butterfly kick, 15 yd. |

| **5** Stroke Development | 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 elementary sidestroke, 25 yd. |
| | Tread water scissor & whip kick, 2 mins. |
| | Breaststroke 25 yd. |
| | Butterfly simultaneous arm action & kick, 15 yd. |

| **6** Stroke Mechanics | Endurance any stroke or combination of strokes, 150 yd. |
| | Front crawl flip turn, 50 yd. |
| | Back crawl pull & flip turn, 50 yd. |
| | Dive standing |
| | Resting stroke elementary backstroke or sidestroke, 50 yd. |
| | Tread water retrieve object off bottom, tread 1 min. |
| | Breaststroke open turn, 50 yd. |
| | Breaststroke 25 yd. |

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**STAGES OF LEARNING**

**A** Water Discovery
- Blow bubbles on surface, assisted
- Front tow chin in water, assisted
- Water exit parent & child together
- Water entry parent & child together
- Back float assisted, head on shoulder
- Roll assisted
- Front float chin in water, assisted
- Back tow assisted, head on shoulder
- Wall grab assisted

**B** Water Exploration
- Blow bubbles mouth & nose submerged, assisted
- Front tow blow bubbles, assisted
- Water exit assisted
- Water entry assisted
- Back float assisted, head on chest
- Roll assisted
- Front float blow bubbles, assisted
- Back tow assisted, head on chest
- Monkey crawl assisted, on edge, 5 ft.

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**1** Water Acclimation
- Submerge bob independently
- Front glide assisted, to wall, 5 ft.
- Water exit independently
- Jump, push, turn, 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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**2** Water Movement
- Submerge look at object on bottom
- Front glide 10 ft. (5 ft. preschool)
- Water exit independently
- Jump, push, turn, grab 10 yd.
- Back float 20 secs. (10 secs. preschool)
- Roll assisted
- Front float 20 secs. (10 secs. preschool)
- Back glide 10 ft. (5 ft. preschool)
- Tread water 10 secs., near wall, & exit
- Swim, float, swim 5 yd.

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**3** Water Stamina
- Submerge retrieve object in chest-deep water
- Swim on front 15 yd. (10 yd. preschool)
- Water exit independently
- Jump, swim, turn, swim, grab 10 yd.
- Roll assisted
- Front float assisted, 10 secs., recover independently
- Back glide assisted, at wall, 5 ft.
- Swim, float, swim 25 yd. (15 yd. preschool)

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**4** Stroke Introduction
- 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.
- Roll assisted
- Tread water scissor & whip kick, 1 min.
- Breaststroke kick, 15 yd.
- Butterfly kick, 15 yd.

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**5** Stroke Development
- 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 elementary sidestroke, 25 yd.
- Tread water scissor & whip kick, 2 mins.
- Breaststroke 25 yd.
- Butterfly simultaneous arm action & kick, 15 yd.

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**6** Stroke Mechanics
- Endurance any stroke or combination of strokes, 150 yd.
- Front crawl flip turn, 50 yd.
- Back crawl pull & flip turn, 50 yd.
- Dive standing
- Resting stroke elementary backstroke or sidestroke, 50 yd.
- Tread water retrieve object off bottom, tread 1 min.
- Breaststroke open turn, 50 yd.
- Breaststroke 25 yd.

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**STAGES OF SWIMMING SKILLS & BENCHMARKS**

- Infant & Toddler 6 mos.–3 yrs. Stages A–B
- Preschool 3–5 yrs. Stages 1–4
- School Age 5–12 yrs. Stages 1–6
- Teen & Adult 12+ yrs. Stages 1–6

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**SWIM STROKES PATHWAYS**

- **SWIM STARTERS**
- **Parent & child lessons**
- **A** Water Discovery
- **B** Water Exploration
- **Recommended skills for all to have around water**
- **1** Water Acclimation
- **2** Water Movement
- **3** Water Stamina
- **4** Stroke Introduction
- **5** Stroke Development
- **6** Stroke Mechanics

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**STAGES OF LEARNING**

**A** Water Discovery
- Blow bubbles on surface, assisted
- Front tow chin in water, assisted
- Water exit parent & child together
- Water entry parent & child together
- Back float assisted, head on shoulder
- Roll assisted
- Front float chin in water, assisted
- Back tow assisted, head on shoulder
- Wall grab assisted

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**B** Water Exploration
- Blow bubbles mouth & nose submerged, assisted
- Front tow blow bubbles, assisted
- Water exit assisted
- Water entry assisted
- Back float assisted, head on chest
- Roll assisted
- Front float blow bubbles, assisted
- Back tow assisted, head on chest
- Monkey crawl assisted, on edge, 5 ft.

---

**1** Water Acclimation
- Submerge bob independently
- Front glide assisted, to wall, 5 ft.
- Water exit independently
- Jump, push, turn, 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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**2** Water Movement
- Submerge look at object on bottom
- Front glide 10 ft. (5 ft. preschool)
- Water exit independently
- Jump, push, turn, grab 10 yd.
- Back float 20 secs. (10 secs. preschool)
- Roll assisted
- Front float 20 secs. (10 secs. preschool)
- Back glide 10 ft. (5 ft. preschool)
- Tread water 10 secs., near wall, & exit
- Swim, float, swim 5 yd.

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**3** Water Stamina
- Submerge retrieve object in chest-deep water
- Swim on front 15 yd. (10 yd. preschool)
- Water exit independently
- Jump, swim, turn, swim, grab 10 yd.
- Roll assisted
- Front float assisted, 10 secs., recover independently
- Back glide assisted, at wall, 5 ft.
- Swim, float, swim 25 yd. (15 yd. preschool)

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**4** Stroke Introduction
- 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.
- Roll assisted
- Tread water scissor & whip kick, 1 min.
- Breaststroke kick, 15 yd.
- Butterfly kick, 15 yd.

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**5** Stroke Development
- 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 elementary sidestroke, 25 yd.
- Tread water scissor & whip kick, 2 mins.
- Breaststroke 25 yd.
- Butterfly simultaneous arm action & kick, 15 yd.

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**6** Stroke Mechanics
- Endurance any stroke or combination of strokes, 150 yd.
- Front crawl flip turn, 50 yd.
- Back crawl pull & flip turn, 50 yd.
- Dive standing
- Resting stroke elementary backstroke or sidestroke, 50 yd.
- Tread water retrieve object off bottom, tread 1 min.
- Breaststroke open turn, 50 yd.
- Breaststroke 25 yd.

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This continuum outlines the skills taught at each stage for infants, toddlers, and preschool-age children. Though school-age children, teens, and adults also learn the skills listed in stages 1–4, they achieve distinct milestones compared to preschool-age children. As a result, their skills are presented in a separate skill continuum.

### Breath Control
- **Swim on Front**
  - Blow bubbles on surface, assisted
  - Front tow chin in water, assisted
  - Front float chin in water, assisted
  - Front glide assisted, to wall, 5 ft.
  - Front float assisted, 10 secs., recover independently
  - Front glide 5 ft.
  - Front float 10 secs.

- **Swim on Back**
  - Back float assisted, head on shoulder
  - Back tow assisted, head on chest
  - Back float assisted, 10 secs., recover independently
  - Back glide assisted, at wall, 5 ft.
  - Back float 10 secs.
  - Back glide 5 ft.

### Water Safety
- Roll assisted, back to front & front to back
- Wall grab assisted
- Water exit independently
- Roll back to front & front to back
- Tread water 10 secs., near wall, & exit
- Water exit independently
- Roll back to front & front to back
- Tread water 30 secs. & exit
- Endurance any stroke or combination of strokes, 25 yd.

### Benchmark
- Water exit parent & child together
- Water entry parent & child together
- Water exit assisted
- Water entry assisted
- Jump, push, turn, grab assisted
- Swim, float, swim assisted, 10 ft.
- Jump, push, turn, grab
- Swim, float, swim 5 yd.
- Jump, swim, turn, swim, grab 10 yd.
- Swim, float, swim 15 yd.

### Water Discovery
- Blow bubbles
- Front tow chin in water, assisted
- Front float chin in water, assisted
- Roll assisted, back to front & front to back
- Monkey crawl assisted, on edge, 5 ft.

### Water Exploration
- Blow bubbles
- Front tow blow bubbles, assisted
- Front float blow bubbles, assisted
- Roll assisted, back to front & front to back
- Tread water scissor & whip kick, 1 min.

### Water Acclimation
- Submerge
- Front glide assisted, to wall, 5 ft.
- Front float assisted, 10 secs., recover independently
- Back float assisted, 10 secs., recover independently
- Back float 10 secs.
- Back glide 5 ft.

### Water Movement
- Submerge look at object on bottom
- Front glide 5 ft.
- Front float 10 secs.
- Back float 10 secs.

### Water Stamina
- Submerge retrieve object in chest-deep water
- Swim on front 10 yd.
- Swim on back 10 yd.
- Back crawl 15 yd.

### Stroke Introduction
- Front crawl rotary breathing, 15 yd.
- Breaststroke kick, 15 yd.
- Butterfly kick, 15 yd.
- Dive sitting
- Resting stroke elementary backstroke, 15 yd.
- Tread water scissor & whip kick, 1 min.
## School-Age / Teen & Adult Skill Continuum

This continuum outlines the skills taught at each stage for school-age children, teens, and adults. Though preschool-age children also learn the skills listed in stages 1–4, they achieve distinct milestones compared to school-age children, teens, and adults. As a result, their skills are presented in a separate skill continuum.

### Water Acclimation
- **Submerge**
  - Bob independently

### Water Movement
- **Submerge**
  - Look at object on bottom
- **Front glide**
  - 10 ft.
- **Front float**
  - 20 secs.

### Water Stamina
- **Submerge**
  - Retrieve object in chest-deep water
- **Swim on front**
  - 15 yd.
- **Swim on back**
  - 15 yd.

### Stroke Introduction
- **Front crawl**
  - Rotary breathing, 15 yd.
- **Breaststroke**
  - Kick, 15 yd.
- **Butterfly**
  - Kick, 15 yd.

### Stroke Development
- **Front crawl**
  - Bent-arm recovery, 25 yd.
- **Breaststroke**
  - Open turn, 50 yd.
- **Butterfly**
  - Simultaneous arm action & kick, 15 yd.

### Stroke Mechanics
- **Front crawl**
  - Flip turn, 50 yd.
- **Breaststroke**
  - Open turn, 50 yd.
- **Butterfly**
  - 25 yd.

### Breath Control
- **Front glide**
  - Assisted, to wall, 5 ft.
- **Front float**
  - Assisted, 10secs., recover independently

### Swim on Front
- **Back float**
  - Assisted, 10 secs., recover independently
- **Back glide**
  - Assisted, at wall, 5 ft.

### Water Safety
- **Water exit**
  - Independently
- **Roll**
  - Assisted, back to front & front to back
- **Tread water**
  - 10secs., near wall, & exit

### Swim on Back
- **Back float**
  - 20 secs.
- **Back glide**
  - 10 ft.

### Benchmark
- **Jump, push, turn, grab**
  - Assisted
- **Swim, float, swim**
  - Assisted, 10 ft.
- **Jump, swim, turn, grab**
  - 10 yd.
- **Swim, float, swim**
  - 25 yd.
- **Endurance**
  - Any stroke or combination of strokes, 25 yd.
- **Endurance**
  - Any stroke or combination of strokes, 50 yd.
- **Endurance**
  - Any stroke or combination of strokes, 150 yd.

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Please sign the back of this page and return it to our Aquatics Manager by the first day of class.
PARENT/GUARDIAN AGREEMENT

I verify that I have been given a copy of the YMCA Stages of Swimming Handbook.

I understand and accept full responsibility for reading these policies and procedures completely and asking for clarification related to sections that I may not fully understand or about which I have questions.

I will address all comments and questions concerning the YMCA Stages of Swimming Handbook directly to the Aquatics Manager and/or Chief Operations Officer.

I further understand that the policies and procedures in the YMCA Stages of Swimming Handbook can be changed in parts or in its entity. Any changes will replace previous Swim Lesson policies and procedures.

Parents/guardians will be notified of any approved changes to the Swim Lesson policies.

Parent/Guardian Signature ____________________________ Date _____________

Print Name _________________________________________

Child’s Name _________________________________________

Please sign and return this page to our Aquatics Manager by the first day of class.

The Bangor Region YMCA is a community leader in supporting children, adults, and families in their lifelong quest for physical, emotional, and social wellness.