






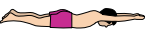











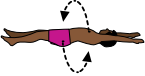
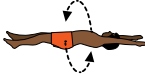







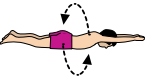
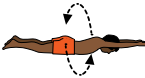

[YMCA Name]
[Contact Information]

YMCA Swim Lessons

Hello! My name is _____

I am teaching your child 1 / Water Acclimation 2 / Water Movement 3 / Water Stamina this session.

At the Y, swimming is a life skill. Our swim lessons prepare kids of all ages to stay safe and have fun in the water, building strong swimmers and confident kids. Listed below are the skills we'll be working on this session. I will look for your child to comfortably and consistently perform each skill in order to progress to the next stage. Please feel free to ask me questions about the skills or your child's progress.

1 / WATER ACCLIMATION	2 / WATER MOVEMENT	3 / WATER STAMINA
 <p>Submerge bob independently</p>	 <p>Submerge look at object on bottom</p>	 <p>Submerge retrieve object in chest-deep water</p>
 <p>Front glide assisted, to wall, 5 ft.</p>	 <p>Front glide 10 ft. (5 ft. preschool)</p>	 <p>Swim on front 15 yd. (10 yd. preschool)</p>
 <p>Water exit independently</p>	 <p>Water exit independently</p>	 <p>Water exit independently</p>
 <p>Jump, push, turn, grab assisted</p>	 <p>Jump, push, turn, grab</p>	 <p>Jump, swim, turn, swim, grab 10 yd.</p>
 <p>Back float assisted, 10 secs., recover independently</p>	 <p>Back float 20 secs. (10 secs. preschool)</p>	 <p>Swim on back 15 yd. (10 yd. preschool)</p>
 <p>Roll assisted, back to front & front to back</p>	 <p>Roll back to front & front to back</p>	 <p>Roll back to front & front to back</p>
 <p>Front float assisted, 10 secs., recover independently</p>	 <p>Front float 20 secs. (10 secs. preschool)</p>	
 <p>Back glide assisted, at wall, 5 ft.</p>	 <p>Back glide 10 ft. (5 ft. preschool)</p>	
	 <p>Tread water 10 secs., near wall, & exit</p>	 <p>Tread water 1 min. & exit (30 secs. preschool)</p>
 <p>Swim, float, swim assisted, 10 ft.</p>	 <p>Swim, float, swim 5 yd.</p>	 <p>Swim, float, swim 25 yd. (15 yd. preschool)</p>