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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

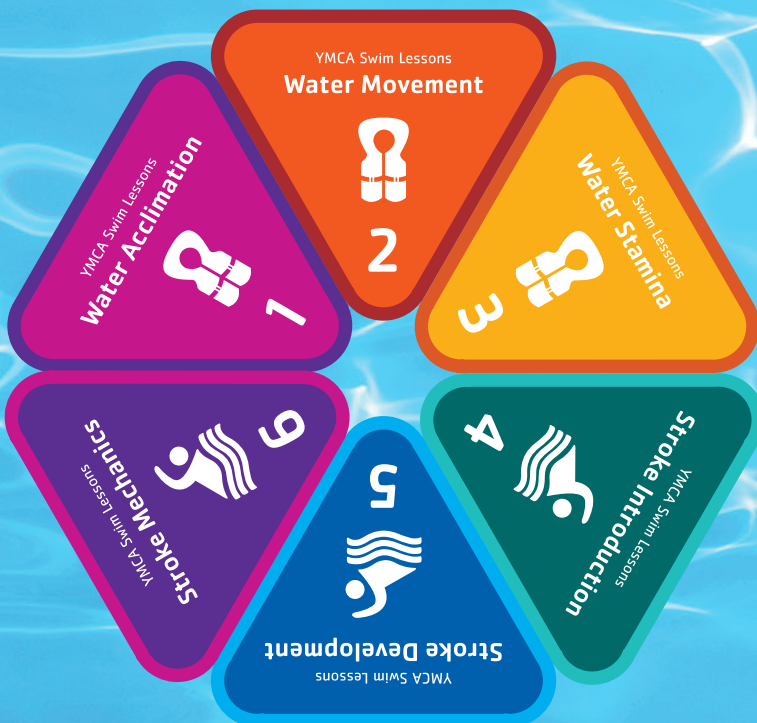
# TRACKING ACHIEVEMENT

## Swim Lessons

### Track Your Progress

Congratulations on taking the first step toward becoming a confident and strong swimmer! Taking swim lessons at the Y means learning lifelong skills in a fun environment.

Use this Achievement Tracker to chart your progress. On the back of this page, simply check off each skill once you have completed it. You'll earn a sticker after completing all of the skills for each stage of your progression.



This diagram omits A/Water Discovery and B/Water Exploration, however, you may check off these skills on the back page.

# TRACK YOUR PROGRESS

## YMCA Swim Lessons Water Discovery



A

## YMCA Swim Lessons Water Exploration



B

### SWIM STARTERS Parent & child lessons

- 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
- Blow bubbles mouth & nose submerged, assisted
- Front tow blow bubbles, assisted
- Water exit 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.

## YMCA Swim Lessons Water Acclimation



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## YMCA Swim Lessons Water Movement



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## YMCA Swim Lessons Water Stamina



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### SWIM BASICS Recommended skills for all to have around water

- 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.
- Submerge look at object on bottom
- Front glide 10 ft. (5 ft. preschool)
- Water exit independently
- Jump, push, turn, grab
- Back float 20 secs. (10 secs. preschool)
- Roll
- 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.
- 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.
- Swim on back 15 yd. (10 yd. preschool)
- Roll
- Tread water 1 min. & exit (30 secs. preschool)
- Swim, float, swim 25 yd. (15 yd. preschool)

## YMCA Swim Lessons Stroke Introduction



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## YMCA Swim Lessons Stroke Development



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## YMCA Swim Lessons Stroke Mechanics



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### SWIM STROKES Skills to support a healthy lifestyle

- 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.
- 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 mins.
- Breaststroke 25 yd.
- Butterfly simultaneous arm action & kick, 15 yd.
- 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.
- Butterfly 25 yd.