



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# STRONG SWIMMERS CONFIDENT KIDS

## DATES

Fall 1: Sept 9–Oct 26 | Registration opens Aug 23

Fall 2: Nov 4–Dec 20 | Registration opens Oct 25

## SWIM LESSONS

John E. Alexander South Wood County YMCA

## FOR MORE INFORMATION

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# Critical skills needed to pass each level

## Parent/Child Stages A/B

No skills needed, but they need to be 3 years old by start date of next session

### Stage 1

Fully submerge, independently

Assisted front floats

They should be comfortable with putting their face in the water

Assisted back floats

They should be comfortable with having their ears in the water

### Stage 2

Front and Back floats; 10-20 seconds, independently

Roll from front to back, and back to front, independently

Swim on front with face in the water, take a breath and continue swimming, independently

Swim on back, independently

### Stage 3

25-yard swim, float, swim

A full length of the lap pool

Swim on front, with face in the water, 15 yards

Approximately the length of the rec pool

Tread water, 1 minute

### Stage 4

Swim 25 yards of a real stroke, or combination of strokes

A full length of the lap pool

Swim 15 yards of each

Approximately the length of the rec pool

Front crawl, with rhythmic breathing

Faces in the water, bubbles blown

Back crawl

Elementary backstroke

Dolphin kick

Breaststroke kick

1-minute treading water

### Stage 5

Swim 50 yards of a real stroke, or combination of strokes

Swim 25 yards of each

Front crawl

Back crawl

Sidestroke

Breaststroke

15 yards of Butterfly

2 minutes of treading water

### Stage 6

Swim 150 yards of any real stroke or combination

Swim 50 yards of each

Front crawl with a flip turn

Back crawl with a flip turn

Sidestroke or Elementary Backstroke

Breaststroke

25 yards of Butterfly





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