



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

## **Swim School Lessons**

### **Ages: 3 years and older**

#### **About the Program**

Swim School Lessons teach skills that children will take with them and use throughout life. The confidence gained with independence in the water is priceless.

#### **Program Dates**

##### 3 week sessions

Sept. 4-Sept. 20

Sept. 24-Oct. 11

Oct. 29-Nov. 15

Nov. 19-Dec. 6

#### **Days and Times**

##### Mon/Wed

10:15-10:45 am

4:00-4:30 pm

4:35-5:05 pm

5:10-5:40pm

##### Tues/Thurs

4:00-4:30 pm

4:35-5:05 pm

5:10-5:40 pm

#### **Additional Information**

Participants who complete all levels of Swim School may want to try Swim Camp. Swim Camp is designed to prepare students for participation in swim team and other water sports.

Sheridan County YMCA  
417 N. Jefferson  
Sheridan, WY 82801  
Ph: 307 674 7488  
[www.sheridanymca.org](http://www.sheridanymca.org)

Contact: Jennifer Fenton

**Note: Parents can sign their child up for both a M/W and T/TH time slot if they'd like their child to attend 4 days per week.**

#### **Fees**

##### Members:

\$18

##### Program Members:

\$40

#### **Scholarships**

Financial assistance applications available at the Y front desk.



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## **SWIM SCHOOL (ages 3 & up)**

**Upon completion of each level the swimmer will be able to...**

### **Level I- Water Adjustment**

- Be aware of Safety Rules and Guard Recognition
- Safely enter the pool
- Enter & exit the pool independently
- Blow bubbles from mouth and nose for 5 seconds
- 5 Bobs in a row
- Assisted front & back floats
- Hand to hand crawl along wall for 5 ft and exit pool independently
- Intro to flutter kick on front and back
- Intro to streamline with rollover & 5 second assisted back float
- Jump in from side unassisted

### **Level II- Intro to Stroke Components**

- Unassisted front and back floats for 5 seconds
- Unassisted flutter kick on front and back across width of the pool
- Intro to Freestyle (with side breathing), backstroke and breaststroke arms
- Bobbing toward wall in chest deep water
- Change from vertical to horizontal position on front and back
- Step from side in chest deep water, move into a front float for 5 seconds, roll to back float for 5 seconds then return to vertical position
- Streamline off wall-roll to back float for 5 seconds unassisted

### **Level III- Bring it all Together**

- Freestyle with side breathing
- Backstroke
- Review of breaststroke arms
- Breaststroke legs on back
- Kneeling Dives
- Treading water for 15 seconds
- Swim freestyle ½ length of pool, roll over and float for 15 seconds, roll back over and swim remaining distance
- Underwater streamlines

### **Level IV- More advanced Strokes**

- Standing Dives
- Review of Freestyle and Backstroke
- Breaststroke
- Dolphin Kick
- Push off with underwater streamline, swim 25 meters freestyle, tread water for 30 seconds, swim 25 meters backstroke

### **Level V- Getting Ready for Swim Camp**

- Bilateral Breathing for Freestyle
- Comfortable swim 50 Freestyle, Backstroke and Breaststroke
- Understand the Backstroke Flags
- Counting laps
- Circle Swimming
- Using Pace clock
- Swim Backstroke for 25 meters use pace clock to rest 10 seconds and swim breaststroke for 25 meters
- Tread water for 2 minutes
- Standing dive to an underwater streamline for 2 body lengths and begin freestyle
- Pike surface dive submerging completely, begin underwater swimming