



**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**

##### 4 week sessions

January 3-January 27, 2022  
January 31-February 24, 2022  
February 28-March 24, 2022  
April 4-April 28, 2022  
May 2-May 26, 2022  
June 6-June 30, 2022  
July 11-August 4, 2022

#### **Days and Times**

##### Mon/Wed

4:00-4:30 pm \* Level 1, 2, 3, 4  
4:35-5:05 pm \* Level 1, 2, 3, 4  
5:10-5:40 pm \* Level 1, 2, 3, 4

##### Tues/Thurs

10:30-11:00 am \* Level 1, 2 only  
  
4:00-4:30 pm \* Level 1, 2, 3, 4  
4:35-5:05 pm \* Level 1, 2, 3, 4  
5:10-5:40 pm \* Level 1, 2, 3, 4

#### **\*\*Additional Information\*\***

\*\* Tues/Thurs 10:30-11:00  
This session will be for children  
ages 3-5 / Levels 1 & 2

#### **Fees**

Members: \$35  
Program Members: \$65

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

Contact: Kyle Roberts

#### **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