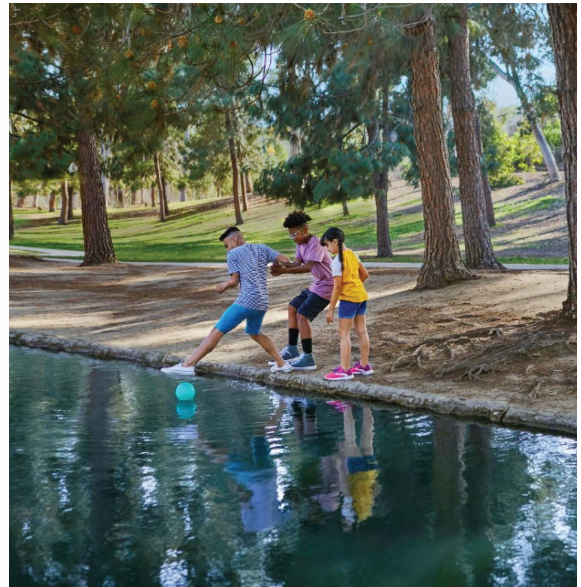




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Safety Lessons



Swim Safety Lessons are for youth looking to develop or improve basic swimming skills. This program is ideal for those not yet proficient in swim strokes or are currently in swim basics for preschool (stage 1-3) or school age (age 4-12). Swim Safety Lessons are composed of seven 30-minute sessions that give children confidence in and around water.

Registration for members opens **March 28!**

There are 3 levels:

BEGINNER

SUBMERGE

- Submerge bob independently

SWIM, FLOAT, SWIM

- Front glide assisted, to wall, 5 ft.
- Water exit independently
- 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.

JUMP, PUSH, TURN, GRAB

- Jump, push, turn, grab assisted

Description

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

INTERMEDIATE

SUBMERGE

- Submerge look at object on bottom

SWIM, FLOAT, SWIM

- Front glide 10 ft. (5 ft. preschool)
- Water exit independently
- Back float 20 secs. (10 secs. preschool)
- Roll
- Front float 20 secs. (10 secs. preschool)
- Back glide 10 ft. (5 ft. preschool)
- Swim, float, swim, 10 ft.-5 yd.

JUMP, PUSH, TURN, GRAB

- Jump, push, turn, grab

OPTIONAL

- Tread water 10 secs., near wall, & exit

Description

Encourages forward movement in water and basic self-rescue skills performed independently

ADVANCED

SUBMERGE

- Submerge retrieve object in chest-deep water

SWIM, FLOAT, SWIM

- Swim on front 15 yd. (10 yd. preschool)
- Water exit independently
- Swim on back 15 yd. (10 yd. preschool)
- Roll
- Swim, float, swim 25 yd. (15 yd. preschool)

JUMP, PUSH, TURN, GRAB

- Jump, push, turn, grab

OPTIONAL

- Tread water 1 min. & exit (30 secs. preschool)

Description

Develops self-rescue skills performed at longer distances than in previous stages