

South Mountain YMCA Camp Swim Lesson Skills Pre-School

Inea	Perch	Pike
<ul style="list-style-type: none"> • Puts face in the water and blows bubbles w/o swallowing water • Blow bubbles • Intro to bobbing • Moves body parts on request, including kicking and arm motions • Enters and exits the pool without help by climbing • Introduce Flutter kick • Enjoys a game • Know how to ask an adult for help • Allows another adult to hold in the water • Relaxes in both the front and back float positions 	<ul style="list-style-type: none"> • Blow bubbles • Intro to bobbing • Gets face wet comfortably • Front and back float w/ assistance • Climb out of pool w/no assistance • Let go of wall, swim/paddle, turn, grab the wall w/asst. • Intro to Elementary Backstroke • Introduce Flutter kick • Paddle on front 5 feet unassisted to pass • Rides noodle w/o assistance, enjoys a game • Pick up rings while blowing bubbles • Know when to yell for help 	<ul style="list-style-type: none"> • Can do 3 bobs • Treading for 3 seconds • Front float w/assistance • Back float w/assistance • Climb out of pool w/no assistance • Elementary Backstroke 5 feet w/o assistance • Improve Flutter kick • Paddle on front 5 feet unassisted to pass • Rides noodle w/o assistance • Enjoys a game • Pick up rings while blowing bubbles and submerge ears • Know when to yell for help
Eel	Ray	Starfish
<ul style="list-style-type: none"> • Bob & blow bubbles 5 times • Let go of the wall, swim/paddle, turn, grab the wall w/out assistance • Front and back float 20 seconds • Jump in, turn, and return to the side w/ out assistance/support • Tread water 10 seconds • Paddle on front 20 feet w/o assistance • Elem. back stroke 20 feet w/o assistance • Enjoys a game • Surface glide • Perform a reaching assist • Know when to yell for help 	<ul style="list-style-type: none"> • Name four diving safety rules • Front float for 30-45 seconds w/out assistance • Back float for 30-45 seconds w/out assistance • Tread water for 1 minute • Bob and get a breath 10 times • Learn danger recognition • Front alternating paddle 25 yards • Back stroke 25 yards • Elementary back stroke for 25 yards • Intro to breaststroke • Surface glide • Kneeling dive • Standing dive • Do reaching & throwing assists 	<ul style="list-style-type: none"> • Front float for 1 min. w/out asst. • Back float for 1 min. w/o asst. • Tread water for 1 minute • Jump into deep water, paddle 15 ft, back float 10 sec, return • Front crawl (rotary breathing) 50 yards • Front symmetrical paddle 25 yds • Intro to sidestroke • Back stroke 50 yards • Breast stroke 25 yards • Intro to butterfly kick • Front and back somersault w/o assistance • Scull 15 seconds • Head-first dive 5 ft • Standing dive and swim 15 ft • Do reaching assists & throwing assists

A few tips—

- Never turn your back on any child in your class.
- Engage each child 100% of the time!
- Offer positive feedback to campers each class.

South Mountain YMCA Camp Swim Lesson Skills School-Age

Polliwog	Guppy	Minnow
<ul style="list-style-type: none"> • Front float unassisted (10 secs) to pass • Back float unassisted (10 secs) to pass • Jump in and return to the side w/o assistance • Enjoy a game • Paddle on front 1/2 length of pool • Elementary Backstroke 1/2 length of pool • Front and back glides with kick • Tread water w/o assistance • Know when to yell for help 	<ul style="list-style-type: none"> • Front float 30 seconds • Back float 30 seconds • Tread water 20-30 seconds • Front alternating paddle with rudimentary rhythmic breathing 25 yards • Backstroke paddle 25 yards • Elementary backstroke 25 yards • Intro to Breaststroke • Intro to Sidestroke • Head-first surface dive • Kneeling dive with assistance, glide, paddle 15 ft • Do reaching assists • Do throwing assists 	<ul style="list-style-type: none"> • Tread water 3 minutes • Scull on the back 25 yards • Front crawl 50 yards with rotary breathing • Elementary back stroke 50 yards • Backstroke 50 yards • Breaststroke 25 yards • Sidestroke 25 yards • Intro to butterfly kick • Head/Feet first surface dive 6-8 feet • Standing dive off deck
Fish	Flying Fish	
<ul style="list-style-type: none"> • Tread water 3 min w/o an IFD front & back • Change from crawl to back crawl quickly • Crawl stroke with rotary breathing and open turns for 75 yards • Breaststroke 50 yds with a pull, kick, glide, and open turns • Elementary backstroke 75 yds with glide • Back crawl 50 yds w/roll and a bent arm w/open turns • Sidestroke 50 yds, with a scissors kick w/glide • Butterfly 25 yds with fins, 15 yards without fins • Scull head first and feet first, 45 ft each • Intro to flip turns (freestyle) 	<ul style="list-style-type: none"> • Tread water 6 min using all 4 kicks • Crawl stroke 100 yds with bilateral breathing and open turns • Breaststroke 100 yds with open turns • Elementary backstroke 100 yds with glide • Back crawl 100 • Sidestroke 50 yds, (alternate sides), regular kick • Butterfly 25 yds • Flip turns front & back crawl • Free style (flip) turn for the crawl and back crawl • Head-first & feet-first dive down 6-8 ft • Practice reaching assists, paddle rescues 	

All levels should demonstrates:

- 1.) Caring, Honesty, Respect & Responsibility
- 2.) Self confidence
- 3.) Listens to Instructor
- 4.) Follows direction
- 5.) Takes turns