



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



<p>WATER MOVEMENT</p> <p>Children practice water safety skills that help them move forward across the pool</p>	<p>Can your child swim 5 feet on their stomach with their face in the water?</p> <p>Y</p>	<p>WATER ACCLIMATION</p> <p>Children learn and practice water safety skills that help them become comfortable with underwater exploration</p>
<p>STROKE INTRODUCTION</p> <p>Children practice skills that build stamina while learning strokes</p>	<p>Can your child swim 15 feet on their stomach with their face in the water?</p> <p>Can your child also float on their back for 10-20 seconds?</p> <p>Y</p>	<p>WATER STAMINA</p> <p>Children practice water safety skills that help increase swim distance across pool</p>
<p>STROKE MECHANICS</p> <p>Children prepare for competitive swimming</p>	<p>Can your child swim on their stomach and their back for 15 yards without assistance?</p> <p>Y</p>	<p>STROKE DEVELOPMENT</p> <p>Children continue building stroke technique & stamina</p>
<p>STROKE MECHANICS</p> <p>Children prepare for competitive swimming</p>	<p>Can your child swim on their stomach and their back for 25 yards? (one full length of the pool)</p> <p>Can your child also tread water for 1 minute?</p> <p>Y</p>	<p>SWIM TEAM TRYOUT</p> <p>Summer team: May School year team: August</p>
<p>STROKE MECHANICS</p> <p>Children prepare for competitive swimming</p>	<p>Can your child swim front crawl and back crawl 25 yards with proper technique?</p> <p>Can your child also swim breaststroke and butterfly 15 yards?</p> <p>Y</p>	<p>SWIM TEAM TRYOUT</p> <p>Summer team: May School year team: August</p>
<p>STROKE MECHANICS</p> <p>Children prepare for competitive swimming</p>	<p>Can your child swim 25 yards of all competitive swim strokes? front & back crawl, breaststroke, butterfly</p> <p>Y</p>	<p>SWIM TEAM TRYOUT</p> <p>Summer team: May School year team: August</p>

The mission of the YMCA is to put Christian values into practice through programs that build healthy spirit, mind and body for all.