



YMCA Swim Lessons: Go for the green!

At the Y, Swimming is a life skill. Our swim lessons prepare kids of all ages to stay safe and have fun in the water, building strong swimmers and confident kids. Listed below are the skills we will be working on this summer. We will look for your child to comfortably and consistently perform each skill in order to progress to the next stage. You may direct your questions about the skills to our Aquatics Director Scott Weber at sweber@metroymcas.org.

RED	YELLOW	GREEN
 <p>Submerge look at object on bottom</p>	 <p>Swim on front 15 yd. (10 yd. preschool)</p>	 <p>Endurance any stroke or combination of strokes, 50 yd.</p>
 <p>Front glide 10 ft. (5 ft. preschool)</p>	 <p>Jump, swim, turn, swim, grab 10 yd.</p>	 <p>Front crawl bent-arm recovery, 25 yd.</p>
 <p>Water exit independently</p>	 <p>Swim on back 15 yd. (10 yd. preschool)</p>	 <p>Back crawl pull, 25 yd.</p>
 <p>Jump, push, turn, grab</p>	 <p>Tread water 30 secs.</p>	 <p>Dive kneeling</p>
 <p>Back float 20 secs. (10 secs. preschool)</p>	 <p>Swim, float, swim 25 yd. (15 yd. preschool)</p>	 <p>Resting stroke sidestroke, 25 yd.</p>
 <p>Roll back to front & front to back</p>	 <p>Endurance any stroke or combination of strokes, 25 yd.</p>	 <p>Tread water scissor & whip kick, 2 mins.</p>
 <p>Front float 10 Secs.</p>	 <p>Dive sitting</p>	 <p>Breaststroke 25 yd.</p>
 <p>Back glide 10 ft. (5 ft. preschool)</p>	 <p>Resting stroke elementary backstroke, 15 yd.</p>	 <p>Dive standing</p>
 <p>Tread water 10 secs., near wall, & exit</p>	 <p>Butterfly kick, 15 yd.</p>	 <p>Resting stroke elementary backstroke or sidestroke 25 yd.</p>
 <p>Swim, float, swim 5 yd.</p>	<div style="background-color: orange; padding: 5px; border-radius: 10px; display: inline-block;"> <p>Our Swim Test: 1 lap on front, then tread water for 30 secs.</p> </div>	