

Family Program Swim Form

Program Session: Spring 2019

Child's First & Last Name: _____

Child's Age: _____

Parent's First & Last Names: _____

I am registering my child into: (Check one option only)

- Semi-Private Swim Lessons** (Ideal for someone who gets overwhelmed with many swimmers in the pool)
- Structured Swim Lessons** (Ideal for someone who can function well in a group pool setting with other swimmers)

Please complete the following information:

My child has never attended a swim lesson before.

My child has participated in a swim lesson before through:

- Autism Services (YMCA) Red Cross Other (Where?) _____

• **What YMCA swim level is your child going into? (Select one level - reference previous report card)**

(3 - 5 years)

- Bobber/Floater (Sea Otter/Salamander) Glider/Diver (Salamander/Sunfish) Surfer/Dipper (Crocodile/Whale)

(6 years +)

- Otter (Swim Kids 1) Seal (Swim Kids 2) Dolphin (Swim Kids 2/3) Swimmer (Swim Kids 4/5/6)
- Star 1 (Swim Kids 7) Star 2 (Swim Kids 8) Star 3 (Swim Kids 8/9) Star 4 (Swim Kids 9)
- Star 5 (Swim Kids 10) Star 6 (Swim Kids 10) Star 7 (Swim Kids 10)

• **What does your child enjoy doing while being in the pool? (Check all that apply)**

- Splashing Comfortable getting their face wet Fully submerging underwater
- Comfortable floating on their back Comfortable floating on their front Comfortable in deep water

• **What is your child's primary goal for this session of swim lessons? (Check all that apply)**

- Learn water safety Get comfortable in water Improve swim strokes
- Other (Explain): _____

• **What transitional strategies do you use at home with your child? (Check all that apply)**

- "First & Then" Count downs Visual Boards Timers
- Other (Explain): _____

YMCA Swim Level Descriptions (For both Semi-Private & Structured Swim Lessons):

Bobber/Floater

This introductory program is based on water orientation and experimentation. Swimmers will be introduced to front and back floats and glides, they will be taught to get their face and head wet, blow bubbles and move in a life jacket. All skills are instructor supported. Swimmers will be required to swim independently in their PFD both on the front and back. Kicking with a buoyant aid, jumping into chest deep water will be introduced. Swimmers will be learning to roll from their front to their back and vice versa.

Glider/Diver

Swimmers will be independently floating, gliding and jumping into the pool. They will begin to retrieve objects off the bottom of the pool in chest deep water. They will further develop the ability to kick and move through the water with front and back swim, and learn how to side glide. Swimmers will be introduced to deep water. Swimmers will independently jump into deep water, and will be introduced to treading water and dives. They will begin working on front crawl with an over arm recovery and refining their flutter kick.

Surfer/Dipper

Swimmers will be working on front and back crawl, treading water and vertical whip kick. Swimmers are required to swim 15 meters of the main pool. Swimmers will be required to swim 25 meters of the main pool demonstrating proper arm and kick action for both front & back crawl. They will be introduced to side breathing.

Otter/Seal

This introductory program; swimmers will be introduced to front and back floats and glides, they will be taught to get their face and head wet, blow bubbles and move through deep water with a PFD for five meters. Swimmers will jump into deeper water, and learn to be comfortable falling sideways into the water with a PFD. Front and back floats unassisted, learn whip kick and side breathing. Swimmer will be required to float, glide and swim on front and back for 10 metres unassisted.

Dolphin/Swimmer

Swimmers will be treading water in deep water for 30 seconds. They will be introduced to front crawl arm and side breathing, required to swim front and back swim for 25 metres. They will continue to work on front and back crawl demonstrating proper arm and kick action for 25 metres. Swimmers will be introduced to fun new things like cannonballs, dives, somersaults treading water and underwater swim.

Star 1/2

Swimmers will be required to swim 50 meters of front crawl intermediate standard, and 25 metres of back crawl initial standard. They will be introduced to elementary backstroke and first aid situations. Swimmers are required to demonstrate advanced standards for front and back crawl. Continue to work on the elementary backstroke and introduced to breaststroke. They are required to complete an endurance swim of 150 metres.

Star 3/4

Swimmers are required to complete an endurance swim of 300 metres. Demonstrate intermediate standards for elementary backstroke, and introduced to eggbeater kick, and initial standards to breaststroke. Swimmers will refine stride jumps, eggbeater kick and head and foot surface dives. They'll learn to scull and swim lengths of front & back crawl, whip kick and breaststroke with breathing. They will be introduced to sidestroke and an endurance swim of 400 metres

Star 5/6

Swimmers are required to complete an endurance swim of 500 metres. Demonstrate advanced standards for breaststroke, initial standards for sidestroke, and introduced to butterfly. Swimmers are required to demonstrate advanced standards for front and back crawl, and elementary backstroke. Intermediate standards in sidestroke & butterfly and introduced to inverted breaststroke, double arm backstroke and compact jump entries. They are required to complete an endurance swim of 600 metres.

Star 7

These advanced swimmers will develop strength and power in head-up front crawl or breaststroke over 25 metres. They'll easily swim 100 metres in all swim strokes and have the ability to teach lower level various stroke techniques. Master Swimmers will be required to volunteer six hours as assistant instructor.