

INFANT SWIM LESSONS

(for all children ages 6 – 36 months
and their parents)

PRESCHOOL LEVEL ZERO: SHRIMPS

In this class, your child will be taught:

- Assisted Floating & Stretching Positions
- Assisted Entries from the side (jump & ease)
- Assisted & Independent Kicking
- Reflex & Response
- Assisted Floating Object Retrieval
- Basic mouth submersion / Bubble Blowing
- Rudimentary Stroke Introductions
- Facial Submersion (optional)
- How to play a game in the water
- Five New Songs!

PRESCHOOL LESSONS

(for all children ages 3-5)

PRESCHOOL LEVEL ONE: PIKE

In this class, your child will be taught:

- Assisted Floating Positions
- Assisted Entries from the side (jump & ease)
- Assisted Kickboard technique
- Assisted Floating Object Retrieval
- Bubble Blowing
- Front and Back Paddle Technique
- Partial Facial Submersion (mouth)
- Swimming with Flotation (10-25 feet)
- Lifejacket selection / Basic Boating Safety
- Pool Rules & Safety

PRESCHOOL LEVEL TWO: EEL

In this class, your child will be taught:

- Unassisted Entries from the side
- Unassisted Kickboard technique (front/back)
- Unassisted Front & Back Paddle (10+ feet)
- Full Facial Submersion
- Swimming with Flotation (40+ feet)
- Lifejacket selection / Basic Boating Safety
- Basic Pool Safety

PRESCHOOL LEVEL THREE: RAY

In this class, your child will be taught:

- Jumping & Swimming in deeper water
- Unassisted Front & Back Crawl (40+ feet)
- Unassisted Breaststroke (40+ feet)
- Complex Kickboarding (one arm & side)
- Jumping from an elevated height
- Rudimentary Breathing Technique
- Lifejacket Selection/Complex Boating Safety
- Basic Rescue & Pool Safety

BRYAN YMCA



SWIM LESSONS

CURRICULUM & PLACEMENT GUIDE

GRADESCHOOL LESSONS

(for all children & teens ages 6-14)

GRADESCHOOL LEVEL ONE: POLLIWOG

In this class, students will be taught:

- Assisted Floating Positions
- Entries from the side (jump & ease)
- Kickboard techniques (Front, Back, Side)
- Basic Front and Back Crawl (20 feet unassisted)
- Basic Breaststroke (20 feet unassisted)
- Rudimentary Breathing Technique
- Swimming with Flotation (40+ feet)
- Lifejacket selection / Boating Safety
- Pool Rules & Safety

GRADESCHOOL LEVEL TWO: GUPPY

In this class, students will be taught:

- Treading Water
- Freestyle Technique (75 feet or more)
- Backstroke Technique (75 feet or more)
- Breaststroke Techniques (75 feet or more)
- Rudimentary Butterfly (kick and paddle)
- Swimming with Flotation (Multiple Laps)
- Alternating and Raised Breathing
- Deep Water Entries / Rescue
- Basic Diving Technique

GRADESCHOOL LEVEL THREE: MINNOW

In this class, students will be taught:

- Practice in all four competitive strokes
- Alternative strokes (sidestroke / elem. back)
- Advanced Diving & Entry Techniques
- Distance Swimming (100 yards+) and conditioning
- Reaching & Throwing Assists

ADULT LESSONS

(for all teens and adults ages 15 or older)

- Adult Beginner Students will be taught to float, kick, and propel themselves short distances using basic stroke techniques, along with basic water survival.
- Adult Intermediate Students will work on stroke proficiency, building endurance, and lap swim / event training.