



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN TO SWIM BE SAFER NEAR WATER

Spring/Summer 2017 Swim Lessons DAILY FAMILY YMCA

Learn to swim with YMCA of Greater Tulsa swim instructors! These sessions are for beginning swimmers with no previous formal swim instruction, and swimmers who are comfortable in the water and can swim short distances without assistance or flotation devices.

In addition to group lessons, private and semi-private lessons are also available.

- \$45 for members; \$90 for non-members
- **Parent/Child lessons (6 mo - 2 yrs with parent)** are at 4:30-5:00 p.m. Level A or B.
Session 1: 4/25 - 5/18, Session 2: 6/6 - 6/29, Session 3: 7/11 - 8/3
- **Swim Basics (ages 3-5)** are at 4:30-5:00pm. Level 1, 2, or 3.
Session 1: 4/25 - 5/18, Session 2: 6/6 - 6/29, Session 3: 7/11 - 8/3
- **Swim Strokes (ages 6-16)** Level 4 (5:00-5:30pm) and Level 5 or 6 (5:30-6:00pm).
Session 1: 4/25 - 5/18, Session 2: 6/6 - 6/29, Session 3: 7/11 - 8/3



LOCATION: DAILY FAMILY YMCA
7910 E. 134TH STREET SOUTH, BIXBY, OK 74008
tinyurl.com/DailyYswimlessons
pnicholson@ymcatulsa.org or 918-728-3992



Program Overview

SWIM STARTERS

Parent* & child lessons

A Water Discovery



Introduces infants and toddlers to the aquatic environment

B Water Exploration



Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

Outcomes

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water

1 Water Acclimation



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

2 Water Movement



Encourages forward movement in water and basic self-rescue skills performed independently

3 Water Stamina



Develops intermediate self-rescue skills performed at longer distances than in previous stages

Outcomes

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

SWIM STROKES

Skills to support a healthy lifestyle

4 Stroke Introduction



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

5 Stroke Development



Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

6 Stroke Mechanics



Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

Outcomes

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

PATHWAYS

Specialized tracks

Competition



Leadership



Recreation





Outcomes


Students build confidence, cultivate their passion, and stay active through specialized tracks.


*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.




Stages of Learning

 Infant & Toddler
6 mos.–3 yrs.
Stages A–B

 Preschool
3–5 yrs.
Stages 1–4

 School Age
5–12 yrs.
Stages 1–6

 Teen & Adult
12+ yrs.
Stages 1–6

SWIM STARTERS Parent & child lessons		SWIM BASICS Recommended skills for all to have around water			SWIM STROKES Skills to support a healthy lifestyle			PATHWAYS Specialized tracks	
A Water Discovery	B Water Exploration	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction	5 Stroke Development	6 Stroke Mechanics	Competition 	
<p>Blow bubbles on surface, assisted</p> <p>Front tow chin in water, assisted</p> <p>Water exit parent & child together</p> <p>Water entry parent & child together</p> <p>Back float assisted, head on shoulder</p> <p>Roll assisted</p> <p>Front float chin in water, assisted</p> <p>Back tow assisted, head on shoulder</p> <p>Wall grab assisted</p>	<p>Blow bubbles mouth & nose submerged, assisted</p> <p>Front tow blow bubbles, assisted</p> <p>Water exit assisted</p> <p>Water entry assisted</p> <p>Back float assisted, head on chest</p> <p>Roll assisted</p> <p>Front float blow bubbles, assisted</p> <p>Back tow assisted, head on chest</p> <p>Monkey crawl assisted, on edge, 5 ft.</p>	<p>Submerge bob independently</p> <p>Front glide assisted, to wall, 5 ft.</p> <p>Water exit independently</p> <p>Jump, push, turn, grab assisted</p> <p>Back float assisted, 10 secs., recover independently</p> <p>Roll assisted</p> <p>Front float assisted, 10 secs., recover independently</p> <p>Back glide assisted, at wall, 5 ft.</p> <p>Swim, float, swim assisted, 10 ft.</p>	<p>Submerge look at object on bottom</p> <p>Front glide 10 ft. (5 ft. preschool)</p> <p>Water exit independently</p> <p>Jump, push, turn, grab</p> <p>Back float 20 secs. (10 secs. preschool)</p> <p>Roll</p> <p>Front float 20 secs. (10 secs. preschool)</p> <p>Back glide 10 ft. (5 ft. preschool)</p> <p>Tread water 10 secs., near wall, & exit</p> <p>Swim, float, swim 5 yd.</p>	<p>Submerge retrieve object in chest-deep water</p> <p>Swim on front 15 yd. (10 yd. preschool)</p> <p>Water exit independently</p> <p>Jump, swim, turn, swim, grab 10 yd.</p> <p>Swim on back 15 yd. (10 yd. preschool)</p> <p>Roll</p> <p>Tread water 1 min. & exit (30 secs. preschool)</p> <p>Swim, float, swim 25 yd. (15 yd. preschool)</p>	<p>Endurance any stroke or combination of strokes, 25 yd.</p> <p>Front crawl rotary breathing, 15 yd.</p> <p>Back crawl 15 yd.</p> <p>Dive sitting</p> <p>Resting stroke elementary backstroke, 15 yd.</p> <p>Tread water scissor & whip kick, 1 min.</p> <p>Breaststroke kick, 15 yd.</p> <p>Butterfly kick, 15 yd.</p>	<p>Endurance any stroke or combination of strokes, 50 yd.</p> <p>Front crawl bent-arm recovery, 25 yd.</p> <p>Back crawl pull, 25 yd.</p> <p>Dive kneeling</p> <p>Resting stroke sidestroke, 25 yd.</p> <p>Tread water scissor & whip kick, 2 mins.</p> <p>Breaststroke 25 yd.</p> <p>Butterfly simultaneous arm action & kick, 15 yd.</p>	<p>Endurance any stroke or combination of strokes, 150 yd.</p> <p>Front crawl flip turn, 50 yd.</p> <p>Back crawl pull & flip turn, 50 yd.</p> <p>Dive standing</p> <p>Resting stroke elementary backstroke or sidestroke, 50 yd.</p> <p>Tread water retrieve object off bottom, tread 1 min.</p> <p>Breaststroke open turn, 50 yd.</p> <p>Butterfly 25 yd.</p>	Leadership 	Recreation 

Daily Family Y
REGISTRATION FORM

(Please Print)

Today's Date:	Program: Aquatics
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PARTICIPANT INFORMATION

Participant's last name:	First:	Middle:	Guardian's Last Name:	First:
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Home Phone #	Other Phone #	Birth date:	Age:	Sex: <input type="checkbox"/> M <input type="checkbox"/> F
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Street address:

P.O. box:	City:	State:	ZIP Code:
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LEVEL AND TIME

(Please check with Front Desk Staff for availability)

Swim Starters A – Discovery (4:30-5pm) <input type="checkbox"/>	Swim Starters B - Exploration (4:30-5pm) <input type="checkbox"/>
Swim Basics L1 - Acclimation (4:30-5pm) <input type="checkbox"/>	Swim Basics L2 - Movement (4:30-5pm) <input type="checkbox"/>
Swim Basics L3 - Stamina (4:30-5pm) <input type="checkbox"/>	
Swim Strokes L4 - Intro (5:00-5:30pm) <input type="checkbox"/>	
Swim Strokes L5 - Development (5:30-6:00pm) <input type="checkbox"/>	Swim Strokes L6 - Mechanics (5:30-6:00pm) <input type="checkbox"/>

Days of Class (all classes are): Tuesday/Thursday

Session Number: 1 2 3

POLICY AND PROCEDURES

- A full refund will only be given if you withdraw before the registration deadline.
- After the class starts: NO refund, or transfer to a different session is allowed
- The Y reserves the right to combine classes due to low enrollment
- The Y reserves the right to cancel class due to low enrollment
- In the event of a canceled class due to weather, instructor, or pool operation, make-up days will be announced at the next scheduled class time

THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participating in any program affiliated with the YMCA, without respect to location. THE UNDERSIGNED further expressly agrees that the forgoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Oklahoma and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.

Participant/Guardian signature:	Date:
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