



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LEARN TO SWIM BE SAFER NEAR WATER

## Spring/Summer 2018 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)** Level A or B are at 5:00-5:30 p.m.  
Session 1: 4/24 - 5/17, Session 2: 6/5 - 6/28, Session 3: 7/10 - 8/2
- **Swim Basics (ages 3-5)** Level 1, 2 are at 4:30-5:00pm.  
Level 3 is at 5:00-5:30pm.  
Session 1: 4/24 - 5/17, Session 2: 6/5 - 6/28, Session 3: 7/10 - 8/2
- **Swim Strokes (ages 6-16)** Level 4 (5:00-5:30pm) and Level 5 or 6 (5:30-6:00pm).  
Session 1: 4/24 - 5/17, Session 2: 6/5 - 6/28, Session 3: 7/10 - 8/2



**LOCATION:** DAILY FAMILY YMCA  
7910 E. 134TH STREET SOUTH, BIXBY, OK 74008  
[tinyurl.com/DailyYswimlessons](http://tinyurl.com/DailyYswimlessons)  
[pnicholson@ymcatulsa.org](mailto: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
<b>A</b> Water Discovery	<b>B</b> Water Exploration	<b>1</b> Water Acclimation	<b>2</b> Water Movement	<b>3</b> Water Stamina	<b>4</b> Stroke Introduction	<b>5</b> Stroke Development	<b>6</b> Stroke Mechanics	<b>Competition</b> 
<p><b>Blow bubbles</b> on surface, assisted</p> <p><b>Front tow</b> chin in water, assisted</p> <p><b>Water exit</b> parent &amp; child together</p> <p><b>Water entry</b> parent &amp; child together</p> <p><b>Back float</b> assisted, head on shoulder</p> <p><b>Roll</b> assisted</p> <p><b>Front float</b> chin in water, assisted</p> <p><b>Back tow</b> assisted, head on shoulder</p> <p><b>Wall grab</b> assisted</p>	<p><b>Blow bubbles</b> mouth &amp; nose submerged, assisted</p> <p><b>Front tow</b> blow bubbles, assisted</p> <p><b>Water exit</b> assisted</p> <p><b>Water entry</b> assisted</p> <p><b>Back float</b> assisted, head on chest</p> <p><b>Roll</b> assisted</p> <p><b>Front float</b> blow bubbles, assisted</p> <p><b>Back tow</b> assisted, head on chest</p> <p><b>Monkey crawl</b> assisted, on edge, 5 ft.</p>	<p><b>Submerge</b> bob independently</p> <p><b>Front glide</b> assisted, to wall, 5 ft.</p> <p><b>Water exit</b> independently</p> <p><b>Jump, push, turn, grab</b> assisted</p> <p><b>Back float</b> assisted, 10 secs., recover independently</p> <p><b>Roll</b> assisted</p> <p><b>Front float</b> assisted, 10 secs., recover independently</p> <p><b>Back glide</b> assisted, at wall, 5 ft.</p> <p><b>Swim, float, swim</b> assisted, 10 ft.</p>	<p><b>Submerge</b> look at object on bottom</p> <p><b>Front glide</b> 10 ft. (5 ft. preschool)</p> <p><b>Water exit</b> independently</p> <p><b>Jump, push, turn, grab</b></p> <p><b>Back float</b> 20 secs. (10 secs. preschool)</p> <p><b>Roll</b></p> <p><b>Front float</b> 20 secs. (10 secs. preschool)</p> <p><b>Back glide</b> 10 ft. (5 ft. preschool)</p> <p><b>Tread water</b> 10 secs., near wall, &amp; exit</p> <p><b>Swim, float, swim</b> 5 yd.</p>	<p><b>Submerge</b> retrieve object in chest-deep water</p> <p><b>Swim on front</b> 15 yd. (10 yd. preschool)</p> <p><b>Water exit</b> independently</p> <p><b>Jump, swim, turn, swim, grab</b> 10 yd.</p> <p><b>Swim on back</b> 15 yd. (10 yd. preschool)</p> <p><b>Roll</b></p> <p><b>Tread water</b> 1 min. &amp; exit (30 secs. preschool)</p> <p><b>Swim, float, swim</b> 25 yd. (15 yd. preschool)</p>	<p><b>Endurance</b> any stroke or combination of strokes, 25 yd.</p> <p><b>Front crawl</b> rotary breathing, 15 yd.</p> <p><b>Back crawl</b> 15 yd.</p> <p><b>Dive</b> sitting</p> <p><b>Resting stroke</b> elementary backstroke, 15 yd.</p> <p><b>Tread water</b> scissor &amp; whip kick, 1 min.</p> <p><b>Breaststroke</b> kick, 15 yd.</p> <p><b>Butterfly</b> kick, 15 yd.</p>	<p><b>Endurance</b> any stroke or combination of strokes, 50 yd.</p> <p><b>Front crawl</b> bent-arm recovery, 25 yd.</p> <p><b>Back crawl</b> pull, 25 yd.</p> <p><b>Dive</b> kneeling</p> <p><b>Resting stroke</b> sidestroke, 25 yd.</p> <p><b>Tread water</b> scissor &amp; whip kick, 2 mins.</p> <p><b>Breaststroke</b> 25 yd.</p> <p><b>Butterfly</b> simultaneous arm action &amp; kick, 15 yd.</p>	<p><b>Endurance</b> any stroke or combination of strokes, 150 yd.</p> <p><b>Front crawl</b> flip turn, 50 yd.</p> <p><b>Back crawl</b> pull &amp; flip turn, 50 yd.</p> <p><b>Dive</b> standing</p> <p><b>Resting stroke</b> elementary backstroke or sidestroke, 50 yd.</p> <p><b>Tread water</b> retrieve object off bottom, tread 1 min.</p> <p><b>Breaststroke</b> open turn, 50 yd.</p> <p><b>Butterfly</b> 25 yd.</p>	<b>Leadership</b> 
								<b>Recreation</b> 

**Daily Family Y  
REGISTRATION FORM**

(Please Print)

Today's Date:			Program: Aquatics		
<b>PARTICIPANT INFORMATION</b>					
Participant's last name:		First:	Middle:	Guardian's Last Name: First:	
Home Phone #	Other Phone #	Birth date:	Age:	Sex: <input type="checkbox"/> M <input type="checkbox"/> F	
Street address:					
P.O. box:	City:	State:	ZIP Code:		
<b>LEVEL AND TIME</b>					
(Please check with Front Desk Staff for availability)					
Swim Starters A – Discovery (5-5:30pm) <input type="checkbox"/> (Parent/Child)		Swim Starters B - Exploration (5-5:30pm) <input type="checkbox"/> (Parent/Child)			
Swim Basics L1 - Acclimation (4:30-5pm) <input type="checkbox"/>		Swim Basics L2 Movement (4:30-5pm) <input type="checkbox"/>			
Swim Basics L3 - Stamina (5-5:30pm)					
Swim Strokes L4 - Intro (5-5:30pm) <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 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>					
<b>POLICY AND PROCEDURES</b>					
<ul style="list-style-type: none"> <li>• A full refund will only be given if you withdraw before the registration deadline.</li> <li>• After the class starts: NO refund, or transfer to a different session is allowed</li> <li>• The Y reserves the right to combine classes due to low enrollment</li> <li>• The Y reserves the right to cancel class due to low enrollment</li> <li>• 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</li> </ul>					
<p>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.</p> <p>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.</p>					
Participant/Guardian signature:			Date:		