

# YWCA Swim Program Information Packet

## The YWCA Aquatics Philosophy

The Aquatics Program of the YWCA is dedicated to providing a fun and creative atmosphere for the development of swimming skills for all. We advocate the importance of water safety and are committed to the process of continued improvement and training of our lifeguards, swim instructors, and community. The importance of swimming is invaluable, serves as a lifetime skill and as a healthy recreational activity.

The following information will outline the YWCA offerings, guidelines, and protocols to ensure a safe, fun, and valuable experience. Thank you for the opportunity to serve you and your family!

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Questions or Comments: Jeff Nerret, Aquatics Manager: [aquatics@ywcacentralcarolinas.org](mailto:aquatics@ywcacentralcarolinas.org) or 980-585-0509

# YWCA Swim Program Information Packet

## Swim Programs Offered

### Private Swim Lesson:

- Private: (One student per instructor.) Member: \$120 & Non-Member: \$140 (4 lessons – each lesson is 30 minutes)
- Semi-Private: (2 - 3 students per instructor.) Member: \$100 per person & Non-Member: \$120 per person (4 lessons – each lesson is 30 minutes)
- Download the Private Lesson Form from the YWCA website or pick up at the YW Fitness Table
- Return completed form to the facility.
- The Aquatics Manager will contact you to assist with scheduling. Payment due AFTER lesson is scheduled. (Lessons must be arranged with the Aquatics Manager prior to registering.) Jeff Nerret @ 980-585-0509 or [aquatics@ywcacentralcarolinas.org](mailto:aquatics@ywcacentralcarolinas.org).
- The YWCA does not permit non-YWCA swim instructor employees to conduct private instruction at the facility.

### Rescheduling & Cancellations:

- All reschedule requests and cancellations must be submitted in writing: [aquatics@ywcacentralcarolinas.org](mailto:aquatics@ywcacentralcarolinas.org)
- Twenty-four hour notice required for rescheduling, Payment will not be refunded for unannounced missed lessons.
- Cancellations received with at least 7 days advanced notice will receive a full refund.
- Cancellations received with less than 7 days advanced notice, but more than 24 hour notice will receive a 50% refund.
- Any cancellations received with less than 24 hour notice will receive no refund.

### Private Triathlon Swim Training:

Join us as you prepare for your first or next triathlon. Learn specific swimming drills, workouts, and race strategies you'll need to swim faster and more efficiently.

- **Private:** (One Swimmer per Coach.) Member: \$120 & Non-Member: \$140 (4 lessons – each lesson is 30 minutes)
- **Semi-Private:** (2 - 3 Swimmers per Coach.) Member: \$100 per person & Non-Member: \$120 per person (4 lessons – each lesson is 30 minutes)

### Contact Information:

USAT Coach Jody Frazier [ydubricclub@gmail.com](mailto:ydubricclub@gmail.com) or Aquatics Manager Jeff Nerret [aquatics@ywcacentralcarolinas.org](mailto:aquatics@ywcacentralcarolinas.org)

### Prerequisites include:

Ability to show understanding and execution of freestyle swim stroke for 100 yards (4 full lengths of the pool).

### Purpose/What to Expect:

1. **Swim stroke analysis and kicking:** This first phase examines your freestyle swim stroke and kick ability.
2. **Straight swimming:** Learn to swim straight (with no black line to follow).
3. **Sighting with breathing and polo swimming:** Learn swimming and breathing techniques that allow you to sight the buoy ahead.
4. **Breast-stroke, Back-stroke:** This is important for buoy turns and in case of panic.
5. **Buoy turns:** Learn to turn the buoy in a pack or solo.
6. **Goggle issues:** Learn how to scull in order to fix or empty goggles.
7. **Starts and exits:** On land, shallow water, deep water and positioning are all taught.
8. **Drafting:** Learn how to use another swimmers draft for your own gain.
9. **Transition (T1):** Learn time saving techniques in T1.
10. **Wetsuits:** Learn how to put-on, take off and care for your wetsuit.

### Rescheduling & Cancellations:

- All reschedule requests and cancellations must be submitted in writing: [aquatics@ywcacentralcarolinas.org](mailto:aquatics@ywcacentralcarolinas.org)
- Twenty-four hour notice required for rescheduling, Payment will not be refunded for unannounced missed lessons.
- Cancellations received with at least 7 days advanced notice will receive a full refund.
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- Any cancellations received with less than 24 hour notice will receive no refund.

# YWCA Swim Program Information Packet

## Swim Clinics:

YWCA offers Swim Clinics are offered twice per year (in the Fall & Spring). The Coach will give each swimmer the special attention to elevate their swimming skills. We will focus on diving and racing starts, turns for all strokes, freestyle, backstroke, butterfly, or breaststroke to help your child improve his/her swimming skills! Your child will be grouped with other swimmers of similar age and ability.

## Cancellation Policy:

- All cancellations must be submitted in writing: [aquatics@ywcacentralcarolinas.org](mailto:aquatics@ywcacentralcarolinas.org)
- Cancellations received with at least 7 days advanced notice will receive a full refund.
- Cancellations received with less than 7 days advanced notice, but more than 24 hour notice will receive a 50% refund.
- Any cancellations received with less than 24 hour notice will receive no refund.

**Student Absence Policy:** Classes and/or practices are not made up and refunds are not issued when a student misses a class or a practice.

**Inclement Weather Policy:** Our programs are conducted regardless of weather, except in cases of pool closure due to thunderstorms. In the event of a thunderstorm or other pool closures, practices are not rescheduled due to inclement weather.

## Orange Crush Swim Team:

**Purpose:** The YWCA Orange Crush swim team seeks to promote each swimmer's personal best in a team-oriented and fun environment. Our coaches are committed to developing strong swimmers through quality instruction while encouraging each child to improve at their own level.

**Eligibility:** Boys and Girls, ages 5 -18. Minimum requirement is the ability to swim 25 yard front crawl (freestyle) and 25 yard backstroke within 2 minutes.

## Cancellation Policy:

- All cancellations must be submitted in writing: [aquatics@ywcacentralcarolinas.org](mailto:aquatics@ywcacentralcarolinas.org)
- Cancellations received with at least 7 days advanced notice will receive a full refund.
- Cancellations received with less than 7 days advanced notice, but more than 24 hour notice will receive a 50% refund.
- Any cancellations received with less than 24 hour notice will receive no refund.

**Student Absence Policy:** Classes and/or practices are not made up and refunds are not issued when a student misses a class or a practice.

**Inclement Weather Policy:** Our programs are conducted regardless of weather, except in cases of pool closure due to thunderstorms. In the event of a thunderstorm or other pool closures, practices are not rescheduled due to inclement weather.

## Child Care (for other siblings):

Single Visit - \$5 per child; Punch Card Pass - \$35 for a 10 visit pass (card is punched once per child per visit / no expiration date). Passes are available for purchase at the front desk. Family memberships receive FREE childcare. There will be a two-hour time limit per visit. All parents will be expected to respect child care hours and plan their workouts accordingly. Ratio of staff to children may vary.

Age range: six-months to 12-years-old.

Child Care Hours		
Monday	9:00am-12:00pm	5:00pm-7:00pm
Tuesday	9:00am-12:00pm	5:00pm-7:00pm
Wednesday	9:00am-12:00pm	5:00pm-7:00pm
Thursday	9:00am-12:00pm	5:00pm-7:00pm
Friday	9:00am-12:00pm	N/A
Saturday	9:00am-12:00pm	N/A

# YWCA Swim Program Information Packet

## Group Swim Lessons Expectations & YWCA Policies:

**Arrival Time:** It is important for participants to be on the pool deck and ready five minutes before class start. Participants should use the restroom before class begins and wait on the bleachers until instructed by a YWCA team member.

**Swimming Attire and Protection:** For those with long hair, we recommend wearing hair tied back or covered by a swim cap during the program. Participants should bring a dry towel for use after being in the water. All clothing must be suitable for swimwear, such as Lycra, Spandex or nylon. T-shirts are not permitted. Children who are not potty-trained are required to wear swim diapers and rubber pants. Flotation devices, including child arm bands, are not permitted.

**YWCA Disciplinary Action:** Any disciplinary problems during the program should be addressed by the Instructor or Coach. Positive reinforcement to encourage appropriate class behavior will include removing the child from the program (i.e., "time out" for a brief period) and may include addressing the problem with the parent and/or aquatics manager.

## Cancellation Policy:

- All cancellations must be submitted in writing: [aquatics@ywcacentralcarolinas.org](mailto:aquatics@ywcacentralcarolinas.org)
- Cancellations received with at least 7 days advanced notice will receive a full refund.
- Cancellations received with less than 7 days advanced notice, but more than 24 hour notice will receive a 50% refund.
- Any cancellations received with less than 24 hour notice will receive no refund.

**Student Absence Policy:** Classes and/or practices are not made up and refunds are not issued when a student misses a class or a practice; however, if the YWCA cancels a class/practice, we will make it up at a time to be announced.

**Inclement Weather Policy:** Our programs are conducted regardless of weather, except in cases of pool closure due to thunderstorms. In the event of a thunderstorm or other pool closures, the swim program will be cancelled for the day.

Swim lessons will be made up on the next available Monday/Wednesday or Tuesday/Thursday or Saturday at the regular lesson time. If a lesson is cancelled due to unforeseen circumstances (i.e., lightening, pool closure, etc.), and rescheduling is not feasible, refunds or credits will be issued to put towards another session.

Swim Clinic Practices and Orange Crush practices are not rescheduled due to inclement weather or if a swimmer misses a practice.

**Medical Concerns:** If your child has a medical condition, such as, but not limited to, allergies, seizures, or diabetes, etc., a medical clearance form from your physician is required and must be submitted to the Aquatics Manager prior to the first day of class. In an emergency, knowledge of medical conditions will aid our staff and emergency personnel in providing care.

**Pool Deck Policy:** During a YWCA swim program, all parents and family not participating in the program must proceed to the observation bleachers. Coaching from the sidelines is not permitted as it may impact the success of the program. Flip flops, rubber soled shoes, and bare feet are acceptable on the pool deck only. Water and sports drinks permitted. No glass bottles, food, candy, or gum.

**Bleacher Policy:** Food and drinks are welcome. All members and guests are required to clean up personal belongings including trash.

# YWCA Swim Program Information Packet

## YWCA Pool Rules

### YWCA Pool Rules

1. Patrons are only permitted to use the pool when it is officially guarded by the lifeguard(s) on duty.
2. A regulation swimsuit and full body shower are required before entering the swimming pool.
3. The following are prohibited in the swimming pool area: persons under the influence of alcohol or drugs, animals and pets, food and drinks, smoking, gum, glass containers, running, pushing, pulling, intentional splashing, towel snapping and anything the lifeguard(s) deem a safety hazard
4. The following are prohibited in the swimming pool: open wounds or rashes, cut-off jeans, diving, hanging on the lane dividers, dunking, rough play, riding on another swimmer's shoulders, and personal conduct that endangers the safety of one's self and others.
5. Children under the age of thirteen (13) must be accompanied by an adult. Ages 14-17 must complete a Fitness Orientation prior to using any area in the facility without an adult.
6. Ages 7 and older, should change in the locker room appropriate to their gender or use the Special-Needs Locker Rooms.
7. Patrons unable to demonstrate to the lifeguard(s) their ability to swim are not permitted in the deep end of the swimming pool. The lifeguard(s) reserve the right to have a person pass a swimming test to determine their ability.
8. Anyone pretending to be drowning will be asked to leave the swimming pool area.
9. Equipment used for lap swimming, swimming lessons, and water fitness classes are not to be used for general recreational use unless permission is granted by the lifeguard(s) on duty.
10. Lanes are reserved for persons swimming laps. Unless you are swimming laps, please stay out of the lap lanes.
11. In the case of thunder and lightning in the area, the lifeguard(s) will clear the swimming pool and continue to monitor the weather. Thirty (30) minute time intervals will be established for each clap of thunder or bolt of lightning. Should either occur during the thirty minutes, the interval is restarted with each clap or bolt until the weather has cleared the area.
12. Adults should not swim alone.
13. Children should not use the swimming pool without adult supervision.
14. Only U.S. Coast Guard approved devices or solid flotation blocks are approved for use by the YWCA Central Carolinas.
15. All children who are not potty trained must wear swim diapers and plastic training pants. Regular diapers are not allowed in the swimming pool. Please use locker rooms for changing and dressing children.

# YWCA Swim Program Information Packet

## Frequently Asked Questions:

- **What is the instructor/student ratio?**  
Excluding Water Baby, the instructor student ratio is 1:6. If the group lesson is full private lessons are available.
- **What should I expect the first day of class?** The first day of class is utilized for participant skill evaluation and class assignment. Participants will be asked to perform specific skills. Participants may be reassigned to another class level if necessary. Please note that class levels may be combined when numbers are small. Placement may vary by skill level, or other factors at the discretion of the instructor and Aquatics Manager. Group lessons do not guarantee pairing with a specific instructor.
- **What if the instructor is absent?** In the event an instructor is unable to attend a lesson, another YWCA Swim Instructor will teach the class. YWCA does not provide refunds in the event a class is led by an alternate instructor.
- **What if a student desires to work with a specific instructor?** If a student desires to work with a specific instructor, private lessons are available.
- **How many lessons will it take for my child to swim?** Learning skills varies among children. Readiness is influenced by physical development, previous experiences, home environment, parental attitudes and individual preferences. For most skills, there are simple pre-requisites; activities and lead-ups that can prepare the child to perform those skills. It may take many lessons before a child can swim independently. Year round practice, regular (supervised) exposure to water and positive encouragement are ways parents can help their child to progress. To make sure your child does learn to swim well, be sure they complete each of the six levels. The best way to protect your children in and around the water is to teach them how to swim. Our experienced swim lesson instructors advocate water safety while helping children improve their form and ability.
- **Will I have an opportunity to share feedback to the YWCA?** Parents and Guardians are invited to complete a survey/evaluation online. These surveys are available by going to <https://www.surveymonkey.com/r/5DG5QWX> or the Aquatics Manager can send you the link by request. Feedback is utilized to further elevate the program.
- **How will the student know which level to register for after completing the current session?** Water Baby and Swim Levels 1 through 6 will receive feedback from the instructor going over progress and areas for improvement. The instructor will explain when a student is ready to progress to the next level. (Lesson promotion requirements are outlined with the lesson descriptions).
- **How can I best support my child in learning how to swim?** Be supportive of your children's efforts in our swim program. Learning to swim can be challenging! Remember that fear is learned. If you are hesitant or fearful for your child in the water, your child will generally acquire a fearful attitude. Your child's progress and enjoyment can be enhanced when you and your child are enthusiastic about swimming.

## Questions, Comments, & Concerns:

YWCA Aquatics Manager: Jeff Nerret

980-585-0509

[aquatics@ywcacentralcarolinas.org](mailto:aquatics@ywcacentralcarolinas.org)

\*You will receive a response within 48-operating business hours.

# YWCA Swim Program Information Packet

## Group Swim Lesson – Water Baby

### **Water Baby: Parent and Child Swimming Lessons Ages 6 months to 3 years**

**Prerequisites:** No skill prerequisites, Child must be at least 6 months old, Parent must accompany child to each class

Purpose: Developed for children 6 months to 3 years, Parent and Child Aquatics helps young children get ready to swim by emphasizing fun in the water. Provide safety information for parents and teach techniques parents can use to orient their children to the water. Parents and children participate in several guided practice sessions that help kids learn elementary swimming skills. Water Baby participant learns to:

- Feel comfortable in the water
- Enter and exit the water safely
- bubble blowing
- front kicking
- back floating
- underwater exploration
- swimming to the side of the pool
- Explore breath control and submerging
- Face-to-face positions
- Back-to-chest position
- Side-to-side position
- Leg action—alternating or simultaneous movements
- Arm action—alternating or simultaneous movements
- Combined arm and leg actions on front with breathing with assistance
- Combined arm and leg actions on back
- Water safety
- Play safely in the water.

Parents, you also learn:

- How to properly supervise children and maintain safe behavior in, on and around the water
- How to hold and support your child in the water
- How to select and fit a U.S. Coast Guard-approved life jacket for your child
- Valuable water safety information to make your family safer in, on and around the water

How are Parent and Child participants evaluated? Parent and Child Aquatics is based on participation. There are no skill evaluations here—just lots of positive reinforcement from instructors and parents. Your child is encouraged to participate in all activities. However, because basic skills are introduced, then built upon. For children who are ready to move on to the next level, completion cards will be presented.

# YWCA Swim Program Information Packet

## Level 1 Group Swimming Lessons for Kids (Ages 4 -13 years)

### LEVEL 1: Introduction to Water Skills Ages 4 -13 years

**Prerequisites:** No skill prerequisites; Must be 4 years old.

**Purpose:** Helps students develop positive attitudes, good swimming habits and safe practices around the water.

Level 1 participant learns to:

- Water Adjustment, Entry and Exit
  - Enter water using ramp, steps or side
  - Exit water using ladder, steps or side
- Breath Control and Submerging
  - Blow bubbles, 3 seconds
  - Bobbing, 5 times
  - Open eyes underwater and retrieve submerged objects in shallow water, 2 times
- Buoyancy
  - Front glide, 2 body lengths
  - Recover from a front glide to a vertical position
  - Back glide, 2 body lengths
  - Back float, 5 seconds
  - Recover from a back float or glide to a vertical position
- Changing Direction and Position and Treading
  - Roll from front to back
  - Roll from back to front
  - Arm and hand treading actions, in chest-deep water
- All—2 body lengths on front
  - Alternating leg action
  - Simultaneous leg action
  - Alternating arm action
  - Simultaneous arm action
  - Combined arm and leg actions on back
- All—2 body lengths on back
  - Alternating leg action
  - Simultaneous leg action
  - Alternating arm action
  - Simultaneous arm action
  - Combined arm and leg actions on back
- Water Safety
  - Staying safe around water
  - Recognizing the lifeguards
  - Don't Just Pack It, Wear Your Jacket—demonstrate
  - Recognizing an emergency
  - How to call for help—demonstrate
  - Too Much Sun Is No Fun

#### **Certification Requirements for level 1:**

- 1) Demonstrate competency in all required skills and activities, including in-water skills.
- 2) Successfully complete the following exit skills assessment: 1.) Enter independently, using either the steps or side; travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along the gutter or "swim.") 2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position.

# YWCA Swim Program Information Packet

## Level 2 Group Swimming Lessons for Kids (Ages 4 -13 years)

### **LEVEL 2: Fundamental Aquatics Skills Ages 4-13**

**Prerequisites:** Must pass Level 1 class or demonstrate Level 1 skills.

**Purpose:** Give students success with fundamental skills. Learn to float and recover to a vertical position.

Level 2 participants learn to:

- Water Adjustment, Entry and Exit
  - Enter by stepping or jumping from the side into shoulder-deep water
  - Exit using ladder, steps or side from chest-deep water
- Breath Control and Submerging
  - Fully submerge and hold breath, 10 seconds
  - Bobbing, 10 times
  - Open eyes underwater and retrieve submerged objects in chest-deep water, 3 times
  - Rotary breathing, 5 times
- Buoyancy
  - Front glide, 2 body lengths
  - Float in a face-down position, 10 seconds
    - Front float
    - Tuck float
  - Recover from a front float or glide to a vertical position
  - Back glide, 2 body lengths
  - Back float, 15 seconds
  - Recover from a back float or glide to a vertical position
- Changing Direction and Position and Treading
  - Roll from front to back
  - Roll from back to front
  - Change direction of travel while swimming on front or back
  - Tread water using arm and leg actions, 15 seconds in shoulder-deep water
- Swim on front
  - Combined arm and leg actions on front for 5 body lengths
- Swim on back
  - Finning arm action for 5 body lengths
  - Combined arm and leg actions on back for 5 body lengths
- Water Safety
  - Staying safe around water
  - Don't Just Pack It, Wear Your Jacket—demonstrate
  - Recognizing an emergency
  - How to call for help—demonstrate
  - Too Much Sun Is No Fun
  - Look Before You Leap
  - Think So You Don't Sink
  - Reach or Throw, Don't Go
  - The danger of drains

### **Certification Requirements for level 2:**

- 1) Demonstrate competency in all required skills and activities, including in-water skills.
- 2) Successfully complete the following exit skills assessment:
  - 1.) Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
  - 2.) Move into a back float for 15 seconds, roll to front, and then recover to a vertical position.
  - 3.) Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for at least 5 body lengths.

# YWCA Swim Program Information Packet

## Level 3 Group Swimming Lessons for Kids (Ages 4 -13 years)

### **LEVEL 3: Stroke Development Ages 4-13**

**Prerequisites:** Must pass Level 2 class or demonstrate Level 2 skills.

**Purpose:** Builds on skills from Level 2 & develops strokes through additional guided practice in deeper water.

Level 3 participants learn:

- Water Adjustment, Entry and Exit
  - Enter water by jumping from the side, fully submerge, then recover to the surface and return to the side
  - Headfirst entry from the side in a sitting and kneeling position
- Breath Control and Submerging
  - Bobbing while moving toward safety, 15 times
  - Rotary breathing, 15 times
- Buoyancy
  - Survival float, 30 seconds
  - Back float, 1 minute
- Changing Direction and Position and Treading
  - Change from vertical to horizontal position on front
  - Change from vertical to horizontal position on back
  - While in a vertical position, rotate one full turn
  - Tread water, 1 minute
- Swim on front
  - Push off in a streamlined position, then begin flutter kicking for 3 to 5 body lengths
  - Push off in a streamlined position, then begin dolphin kicking
  - 15 yards of Front crawl
  - 15 yards of Breaststroke kick
- Swim on back
  - Elementary backstroke, 15 yards
- Swim on side
  - Scissors kick, 15 yards
- Water Safety
  - leach or Throw, Don't Go— demonstrate
  - Think Twice Before Going Near Cold Water or Ice
  - Look Before You Leap
  - Developing breath control safely
  - Making good decisions— choosing an exit point

### **Certification Requirements for level 3:**

1. Demonstrate competency in all required skills and activities, including in-water skills
2. Successfully complete the following exit skills assessment: 1.) Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water. 2.) Push off in a streamlined position, then swim front crawl for 15 yards with face in the water and rhythmic breathing (to front or side), change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

# YWCA Swim Program Information Packet

## Level 4 Group Swimming Lessons for Kids (Ages 6 -13 years)

### **LEVEL 4: Stroke Improvement Ages 6-13**

**Prerequisites:** Must pass Level 3 class or demonstrate Level 3 skills Purpose: Develops confidence and strength to improve skills learned and introduces new aquatic skills.

Level 4 participants learn to:

- Water Adjustment, Entry and Exit
  - Headfirst entry from the side in a compact position
  - Headfirst entry from the side in a stride position
- Breath Control and Submerging
  - Swim underwater, 3 to 5 body lengths, without hyperventilating
  - Feet first surface dive
- Buoyancy
  - Survival swimming, 1 minute
- Changing Direction and Position and Treading
  - Front crawl open turn
  - Back crawl open turn
  - Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes
- Swim on front
  - Front crawl, 25 yards
  - Breaststroke, 15 yards
  - Butterfly, 15 yards
- Swim on back
  - Push off in a streamlined position and begin flutter kicking, 3 to 5 body lengths
  - Push off in a streamlined position and begin dolphin kicking, 3 to 5 body lengths
  - Elementary backstroke, 25 yards
  - Back crawl, 15 yards
- Swim on side
  - Sidestroke, 15 yards
- Water Safety
  - Reach or Throw, Don't Go— demonstrate
    - Reaching assist
    - Throwing assist
  - Recreational water illnesses
  - Think So You Don't Sink— demonstrate
  - Look Before You Leap

#### **Certification Requirements for level 4:**

1. Demonstrate competency in all required skills and activities, including in-water skills
2. Successfully complete the following exit skills assessment: 1.) Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. 2.) Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards. 3.) Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

# YWCA Swim Program Information Packet

## Level 5 Group Swimming Lessons for Kids (Ages 6 -13 years)

### **LEVEL 5: Stroke Refinement Ages 6-13**

**Prerequisites:** Must pass Level 4 class or demonstrate Level 4 skills. Purpose: Provides further coordination and refinement of strokes. Participants refine their performance of all the strokes and increase their distances. Flip turns on the front and back are also introduced. Level 5 participants learn to:

- Water Adjustment, Entry and Exit
  - Shallow-angle dive from the side
  - Shallow-angle dive, glide 2 to 3 body lengths and begin any front stroke
- Breath Control and Submerging
  - Tuck surface dive
  - Pike surface dive
- Changing Direction and Position and Treading
  - Front flip turn while swimming
  - Backstroke flip turn while swimming
  - Tread water, 5 minutes
  - Tread water, using legs only, 2 minutes
- Swim on front
  - Front crawl, 50 yards
  - Breaststroke, 25 yards
  - Butterfly, 25 yards
- Swim on back
  - Elementary backstroke, 50 yards
  - Back crawl, 25 yards
  - Standard (back) scull, 30 seconds
- Swim on side
  - Sidestroke, 25 yards
- Water Safety
  - How to call for help and the importance of knowing first aid and CPR
  - Recreational water illnesses
  - Reach or Throw, Don't Go— demonstrate I Look Before You Leap— demonstrate
  - Think So You Don't Sink
  - Think Twice Before Going Near Cold Water or Ice
  - Wave, Tide or Ride, Follow the Guide

#### **Certification Requirements for level 5:**

- 1) Demonstrate competency in all required skills and activities, including in-water skills
- 2) Successfully complete the following exit skills assessment: 1.) Perform a shallow-angle dive into deep water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning (flip turns and open turns) styles throughout. 2.) Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using flip turns throughout.

# YWCA Swim Program Information Packet

## Level 6 Group Swimming Lessons for Kids (Ages 6 -13 years)

### LEVEL 6: Swimming and Skill Proficiency Ages 6-13

**Prerequisites:** Must pass Level 5 class or demonstrate Level 5 skills

**Purpose:** Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that each focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses. Instructor will determine options offered. These options include:

- Swim on front, back and side
  - Front crawl, 100 yards
  - Elementary backstroke, 100 yards
  - Back crawl, 50 yards
  - Breaststroke, 50 yards
  - Sidestroke, 50 yards
  - Butterfly, 50 yards
- Turns
  - Front crawl open turn
  - Back crawl open turn
  - Front flip turn
  - Backstroke flip turn
  - Sidestroke open turn
  - Butterfly turn
  - Breaststroke turn
- Specialty Knowledge and Skills
  - Surface dive and retrieve an object from the bottom
  - Circle swimming
  - Using a pace clock
  - Swimming using equipment, 25 yards
    - Pull buoys
    - Fins
    - Paddles
  - Describe how to set up an exercise program
  - Demonstrate various training techniques
  - Calculate target heart rate
  - Demonstrate aquatic exercise
- Water Safety
  - Look Before You Leap
  - Know About Boating Before You Go Floating
  - Think So You Don't Sink
  - Swim as a Pair Near a Lifeguard's Chair
  - The danger of drains
  - The dangers of hyperventilation and extended breath-holding

#### **Certification Requirements for level 6:**

- 1) Demonstrate competency in all required skills and activities, including in-water skills
- 2) Successfully complete the following exit skills assessment:
  - 1.) Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke.
  - 2.) Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
  - 3.) Perform a feetfirst surface dive, retrieve an object from the bottom of the pool at a depth of 7 to 10 feet, return to surface and return to starting point.

# YWCA Swim Program Information Packet

## Group Swimming Lessons for Adults (Ages 14 years and up)

### **Adult Swimming Lessons Ages 14 years and up**

**Prerequisites:** No skill prerequisites; Must be 14 years old or older.

**Purpose:** Help participants gain skills and swimming strokes.

**Goals:** We welcome all skill levels. Our lessons are structured around the individual's needs.

- Learn safety skills and safe behaviors in and around the water
- Increase comfort level in the water
- Experience breath control
- Experience buoyancy
- Improve fundamental aquatic skills
- Improve effectiveness and efficiency of swimming strokes

### **Fast Track Adult Swimming Lessons Ages 14 years and up**

**Prerequisites:** No skill prerequisites; Must be 14 years old or older.

**Purpose:** Get faster results by working on your swimming through this 12-hour Swim Lesson Program.

**Goals:** This course is intended for Beginners with a fear of the water. We will address those fears and how to overcome it. By means of discussions, and skill building see your comfort level improve and be able to float.

### **Questions, Comments, & Concerns:**

YWCA Aquatics Manager: Jeff Nerret

980-585-0509

[aquatics@ywcacentralcarolinas.org](mailto:aquatics@ywcacentralcarolinas.org)

\*You will receive a response within 48-operating business hours.