



YMCA Aquatics

Learn to Swim Program

Otter



Submersion

Face in water and exhale

Submersion with rhythmic breathing 5 times

Glides

Front Glide: Push off bottom towards wall, 1m

Front Glide: Push off wall, 1.5m

Back Glide: Feet can be near bottom, 2m

Back Glide: Feet and hips at surface, 2m

Side Glide: Face in, 1.5m

Side Glide: Face out, 1.5m

Optional Criteria (Learn 3 to complete)

Log roll

Demonstrate how to get help

Demonstrate how to follow two rules and importance

Jump into Chest Deep water from standing position

Swim in deep water with a PFD

Water Safety appropriate to community and season

Seal



Glides

Front Glide: 2m

Front Glide to Side Glide Roll: 1m both sides

Front Glide to Side Glide Roll with arm recovery: 2 cycles, alternate sides

Back Glide to Side Glide Roll: One arm up, 1m both sides

Back Glide to Side Glide Roll: One arm up, 2 cycles, alternate sides

Kicking

Vertical, in deep end with flotation device, 5 secs

Vertical, in deep end, aligned, 5 secs

Back Glide with Kick: Arms at sides, 5m

Front Glide with Kick: 2.5m

Side Glide with Kick: Face in, 2m

Side Glide with Kick: Face out, 2m

Submersion

Whole body underwater for 5 seconds

Deep Water Skills

Vertical in deep water, level off, swim 2m to wall

Jump into deep water, level off, swim back on front, face in

Optional Criteria (Learn 3 to complete)

Choose and throw a buoyant object to someone

Recover an object in chest deep water

Sitting Dive into Deep Water

Forward somersault

In Deep Water, climb 1m down pole, swim or climb up

Water Safety appropriate to community and season

Dolphin



Submersion

Swim underwater 1.5m

Kicking and Gliding

Kicking: Vertical, in deep end, 10 secs

Back Glide Kicking: Arms at sides, 10m

Side Glide Kicking: Face in, 2m

Side Glide Kicking: Face out, 5m

Front Glide to side Glide Roll with kick, 5m

Endurance

Back Glide with Kick: One arm up, 10m

Side Glide with Kick: Face in, 3m

Side Glide with Kick: Face out, 10m

Front Kicking roll to Side Kicking with Arm Recovery: Repeat 3 times, total 12m

Back Kicking roll to Side Kicking with Arm Recovery: Repeat 3 times for 18m

Skills

Head first sculling on back, 3m

Deep Water Skills

Intro to Foot First Surface Dive: Swim 1m touch bottom with feet, 1.5m deep, surface and swim to start

Deep Water Bobs: 5 times, then swim 1m to wall

Vertical Position: face out, 30 seconds, may use arms/legs

Optional Criteria (Learn 3 to complete)

Kneeling Dive

Swim 25m in a PFD wearing shirt and pants

Back somersault

Put PFD on in deep water

Recover an object in water 1.5m deep

Cross country ski motion in deep water for 5m

Water Safety appropriate to community and season

Swimmer



Submersion

Underwater Swim: 2.5m

Strokes

Front Crawl: Initial Standard, 15m

Back Crawl: Initial Standard, 15m

Endurance

Back Glide with Kick: One arm up, 25m

Side Glide with Kick: Face up, 25m

Front Glide to Side Glide Roll: Kicking, arm recovery, 25m

Deep Water Skills

Jump in, tread water 40 secs, swim back to wall

Foot First Surface Dive 1.5m: Recover Object

Vertical Position: Face out, 1 minute, may use arms/legs

Skills

Head-First sculling: On back, 5m

Stationary sculling: On back, 1 minute

Optional Criteria (Learn 3 to complete)

Pendulum Dive

Swim 15m wearing shirt and pants

Underwater Swim: On back, 2m

Climb head-first down pole: 2m, climb/swim back up

Vertical Float in deep water

Deep Water Bobs: 1.5m deep, 4 times

Water Polo: Waterpolo back crawl

Water Polo: Waterpolo crawl with ball

Water Polo: Waterpolo crawl holding ball

Water Safety Appropriate to community and season