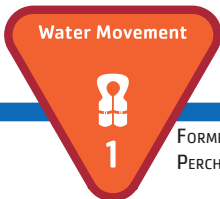


SUMMER CAMP SWIM LESSON LEVEL DESCRIPTIONS

We will be offering swimming lessons exclusive for Day Camp Participants. These will have limited space and be available Tuesday/Thursday between 10:30-11:30am. The goal of these lessons will be to build and strengthen swimming skills and abilities. Participants will register separately and will be placed in appropriate swim lesson group based on skills.

Tuesday AND Thursday Mornings
10:30-10:55 am or
11:00-11:25 am

	JUNE 7 - JULY 14	JULY 19 - AUG. 25
MEMBER	\$32	\$38
NON-MEMBER	\$64	\$75












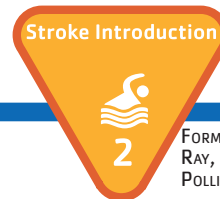
FORMER CLASS NAME:
PERCH, PIKE, OR EEL

LEVEL 1

This level is designed for children who are just starting out. Anyone who needs our flotation bubbles needs to register for Level 1. Your child will learn to be comfortable in the water. After completion of this class, your child will be jumping from the side, doing bobs and swimming on their front and back without flotation devices. Once your child no longer needs the flotation device they will be ready for level 2.

SKILLS DEVELOPED

- Jump from side w/o help w/ confidence 
- Bobs comfortably w/ nose bubbles 
- Back float 10 seconds w/o belt 
- Swim 10 yards w/belt on, front & back 
- Swim 5 yards w/o belt on, front & back 
- Intro to elementary back stroke arms & legs 
- Intro to sitting dives 
- Swims comfortably w/ ear in the water 
- Front float w/ face in the water 












FORMER CLASS NAME:
RAY, STARFISH, OR POLLIWOG

LEVEL 2

In this level your child will be swimming in our competitive pool without the use of any flotation devices. They will be learning to tread water, jump in and swim in deep water. Introduction to front and back crawl as well as diving. When completed they will be swimming one half length of our pool in good form without help.

SKILLS DEVELOPED

- 10 bobs comfortably w/ nose bubbles 
- Jump in from deep side 
- Intro to swim underwater 
- Intro to tread water - 30 seconds 
- Intro to front crawl/breathing w/ kick board 
- Intro to backstroke with straight leg kicks 
- Intro to dives - kneeling & standing 
- Elementary back stroke 1/2 length 
- Swim on front & back 1/2 length (good form) 














FORMER CLASS NAME:
ADVANCED POLLIWOG

LEVEL 3

In this level your child will be jumping from the block, diving and treading water for 1-2 minutes. Side and breast stroke will be introduced. Your child will be required to swim the front and back crawl 1 length in good form.

SKILLS DEVELOPED

- Jump from block 
- Dive from pool edge 
- Tread water 1-2 minutes 
- Front survival float 1-2 minutes 
- Intro to side stroke 
- Backstroke 1 length good form w/ straight leg kicks 
- Front crawl 1 length w/ side breathing 
- Swim underwater 
- Elementary backstroke 2 lengths 
- Intro to breaststroke arms & legs 
- Endurance swim 3 lengths 



YMCA of Dodge County
 920-887-8811 | theydc.org

HAVE MORE QUESTIONS? Our aquatics staff is available to answer any questions about the swim lessons program.