



Lakota Family YMCA Swim Lesson Program

Swim Lessons Progression System

- **AquaBabies**– Water acclimation and survival skills. Child must be 6 to 36 months old. Parents will be in the water!

3 years and older:

- **Shrimp**– Students learn to put their face into the water and blowing bubbles, floating on their fronts, and floating on their backs. To advance, students must be able to do ten relaxed bobs with air exchange.
- **Pike**– Students learn to glide on his/her front and back in streamline position. Swimmers will also be learning kicking skills for the front float and back float. To advance, students must push off the wall and glide on their front and back for 5 seconds in a streamline position.
- **Eel**– Students are introduced to a rollover from a front glide. Swimmers will work on streamline kicking on front and back and beginning front crawl. To advance, students must streamline kick on front and back for 15 feet and front crawl with arms for 15 feet.
- **Starfish**– Students begin side gliding and front crawl stroke. To advance, students must side glide 20 feet and front crawl without breathing 20 feet.
- **Polliwog**- Students will work on Freestyle with rotary breathing and Backstroke. To advance, swimmers must front crawl with rotary breathing a minimum of 4 breathes, Backstroke 1/2 length of pool, 10 relaxed nose bubble bobs, and side glide kick 25 yards.
- **Guppy**—Students will learn to swim Freestyle with rotary breathing 25 yards, treading water, swimming 25 yards Backstroke, and standing dives. To advance, swimmer must complete 1 minute of treading water, 25 yards Freestyle with rotary breathing, and 25 yards backstroke.

DEVELOPMENTAL STROKE PROGRAM (DSP)

DSP is a combined class of **Minnow, Fish, & Shark** for students who are ready to advance their swimming skills to all 4 swimming strokes, Butterfly, Backstroke, Breaststroke, & Freestyle. In this level the students must have already completed Guppy requirements.

Students will be working on Butterfly kick & swim for 25 yards, Breaststroke kick and swim for 25 yards, building endurance in Freestyle to swim 100 yards, and building endurance for Backstroke swimming 50 yards. The Students will also be learning basic survival skills such as, Elementary Backstroke, Side Stroke, & treading water for 2 minutes.

After swimmers have completed the Lakota Family YMCA Swim Lessons Program, we recommend continuing your swimming with our Stingrays Swim Teams.



For more information please contact our Aquatics Director.

If you have any questions or would like a FREE evaluation please contact Sara Matchison @ 513-779-3917 or sara.matchison@lakotaymca.com