



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRACKING ACHIEVEMENT Swim Lessons

## Track Your Progress

Congratulations on taking the first step toward becoming a confident and strong swimmer! Taking swim lessons at the Y means learning lifelong skills in a fun environment.

Use this Achievement Tracker to chart your progress. On the back of this page, simply check off each skill once you have completed it. You'll earn a sticker after completing all of the skills for each stage of your progression.



This diagram omits A/Water Discovery and B/Water Exploration, however, you may check off these skills on the back page.

# TRACK YOUR PROGRESS

## YMCA Swim Lessons Water Discovery



A

- Blow bubbles** on surface, assisted
- Front tow** chin in water, assisted
- Water exit** parent & child together
- Water entry** parent & child together
- Back float** assisted, head on shoulder
- Roll** assisted
- Front float** chin in water, assisted
- Back tow** assisted, head on shoulder
- Wall grab** assisted

## YMCA Swim Lessons Water Exploration



B

- Blow bubbles** mouth & nose submerged, assisted
- Front tow** blow bubbles, assisted
- Water exit** assisted
- Water entry** assisted
- Back float** assisted, head on chest
- Roll** assisted
- Front float** blow bubbles, assisted
- Back tow** assisted, head on chest
- Monkey crawl** assisted, on edge, 5 ft.

**SWIM STARTERS**  
Parent & child lessons

## YMCA Swim Lessons Water Acclimation



1

- Submerge** bob independently
- Front glide** assisted, to wall, 5 ft.
- Water exit** independently
- Jump, push, turn, grab** assisted
- Back float** assisted, 10 secs., recover independently
- Roll** assisted
- Front float** assisted, 10 secs., recover independently
- Back glide** assisted, at wall, 5 ft.
- Swim, float, swim** assisted, 10 ft.

**SWIM BASICS**  
Recommended skills for all to have around water

## YMCA Swim Lessons Water Movement



2

- Submerge** look at object on bottom
- Front glide** 10 ft. (5 ft. preschool)
- Water exit** independently
- Jump, push, turn, grab**
- Back float** 20 secs. (10 secs. preschool)
- Roll**
- Front float** 20 secs. (10 secs. preschool)
- Back glide** 10 ft. (5 ft. preschool)
- Tread water** 10 secs., near wall, & exit
- Swim, float, swim** 5 yd.

## YMCA Swim Lessons Water Stamina



3

- Submerge** retrieve object in chest-deep water
- Swim on front** 15 yd. (10 yd. preschool)
- Water exit** independently
- Jump, swim, turn, swim, grab** 10 yd.
- Swim on back** 15 yd. (10 yd. preschool)
- Roll**
- Tread water** 1 min. & exit (30 secs. preschool)
- Swim, float, swim** 25 yd. (15 yd. preschool)

## YMCA Swim Lessons Stroke Introduction



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- Endurance** any stroke or combination of strokes, 25 yd.
- Front crawl** rotary breathing, 15 yd.
- Back crawl** 15 yd.
- Dive** sitting
- Resting stroke** elementary backstroke, 15 yd.
- Tread water** scissor & whip kick, 1 min.
- Breaststroke** kick, 15 yd.
- Butterfly** kick, 15 yd.

**SWIM STROKES**  
Skills to support a healthy lifestyle

## YMCA Swim Lessons Stroke Development



5

- Endurance** any stroke or combination of strokes, 50 yd.
- Front crawl** bent-arm recovery, 25 yd.
- Back crawl** pull, 25 yd.
- Dive** kneeling
- Resting stroke** sidestroke, 25 yd.
- Tread water** scissor & whip kick, 2 mins.
- Breaststroke** 25 yd.
- Butterfly** simultaneous arm action & kick, 15 yd.

## YMCA Swim Lessons Stroke Mechanics



6

- Endurance** any stroke or combination of strokes, 150 yd.
- Front crawl** flip turn, 50 yd.
- Back crawl** pull & flip turn, 50 yd.
- Dive** standing
- Resting stroke** elementary backstroke or sidestroke, 50 yd.
- Tread water** retrieve object off bottom, tread 1 min.
- Breaststroke** open turn, 50 yd.
- Butterfly** 25 yd.