



SWIMMING LESSON HANDBOOK

FOND DU LAC FAMILY YMCA

CONTACT:

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PROGRAM OVERVIEW

SWIM LESSON FORMAT

Swim lessons are offered in two formats:

- 4-week sessions: Classes meet twice a week.
- 8-week sessions: Classes meet once a week on Saturdays or Sundays.

SWIM STARTERS (PARENT/CHILD)

Includes our Parent/Child stage that is meant to introduce young children to the water with the help of their parents.

SWIM BASICS

Includes stages 1 through 3 (Water Acclimation, Water Movement, and Water Stamina). These classes are meant to give children the skills they need to be safe around water.

SWIM STROKES:

Includes stages 4-6 (Stroke Introduction, Stroke Development, and Stroke Mechanics). These classes are meant to teach children the skills they need to support a healthy lifestyle and can introduce other aquatic pathways.

	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction	5 Stroke Development	6 Stroke Mechanics
Breath control	Submerge bob independently	Submerge look at object on bottom	Submerge retrieve object in chest-deep water			
Swim on front	Front glide assisted, to wall, 5 ft. Front float assisted, 10 secs., recover independently	Front glide 10 ft. Front float 20 secs.	Swim on front 15 yd.	Front crawl rotary breathing, 15 yd. Breaststroke kick, 15 yd. Butterfly kick, 15 yd.	Front crawl bent-arm recovery, 25 yd. Breaststroke 25 yd. Butterfly simultaneous arm action & kick, 15 yd.	Front crawl flip turn, 50 yd. Breaststroke open turn, 50 yd. Butterfly 25 yd.
Swim on back	Back float assisted, 10 secs., recover independently Back glide assisted, at wall, 5 ft.	Back float 20 secs. Back glide 10 ft.	Swim on back 15 yd.	Back crawl 15 yd.	Back crawl pull, 25 yd.	Back crawl pull & flip turn, 50 yd.
Water safety	Water exit independently Roll assisted, back to front & front to back	Water exit independently Roll back to front & front to back Tread water 10 secs., near wall, & exit	Water exit independently Roll back to front & front to back Tread water 1 min. & exit	Dive sitting Resting stroke elementary backstroke, 15 yd. Tread water scissor & whip kick, 1 min.	Dive kneeling Resting stroke sidestroke, 25 yd. Tread water scissor & whip kick, 2 mins.	Dive standing Resting stroke elementary backstroke or sidestroke, 50 yd. Tread water retrieve object off bottom, tread 1 min.
Benchmark	Jump, push, turn, grab assisted Swim, float, swim assisted, 10 ft.	Jump, push, turn, grab Swim, float, swim 5 yd.	Jump, swim, turn, swim, grab 10 yd. Swim, float, swim 25 yd.	Endurance any stroke or combination of strokes, 25 yd.	Endurance any stroke or combination of strokes, 50 yd.	Endurance any stroke or combination of strokes, 150 yd.



ARRIVAL TIME

Please arrive 10-15 minutes early on the first day of class to make sure there is enough time to prepare for lessons.

LOCKER ROOMS

- The Girl's Locker Room is provided for use by girls ages 8 to 17 & girls up to age 8 escorted by a female parent or guardian.
- The Boy's Locker Room is provided for use by boys ages 8 to 17 & boys up to age 8 escorted by a male parent or guardian.
- Family Locker Room is provided for use by parent(s)/guardian(s) escorting children up to age 8 and anyone age 8 and up with individual needs of any kind.

We strongly suggest that you use a lock for any belongings you may leave in the lockers. The Fond du Lac Family YMCA is not responsible for lost or stolen items.

HEALTH AND SAFETY

- Please remove Band-Aids before entering the pool.
- For the safety and health of everyone in the pool, anyone with an open sore should NOT swim.
- All swimmers are asked to shower before entering the pool area.
- After class, swimmers should dry off in the drying area by the showers to help keep the locker area as dry and safe as possible.

SWIM INSTRUCTORS

When you arrive on the pool deck please wait for the instructor to call your child's name. Please introduce yourself and your child to the instructor so they know who your child will return to after class.



PROGRAM INFORMATION



WHAT TO BRING

- Children should arrive in a comfortable, well-fitting swimsuit. Please tie back your child's hair to keep it out of their face while swimming. Sandals or water shoes are allowed on deck but should not be worn in the pool, as they can interfere with kicking technique.
- For swimmers in stages 2 and above, goggles are recommended, but avoid ones with nose pieces, as they can hinder breath control. Please ensure goggles are properly sized before class.
- Have your child's towel ready on the pool deck, as the air can be cold when exiting the pool. Towel hangers are available near the locker room doors.

LESSON DROP OFF

- If children arrive early for class, they must wait on the pool deck until it is time for their class to begin.
- Children under 8 **MAY NOT** play in the fishy pool unless accompanied by an adult **IN THE WATER**.
- An instructor will call your child's name when it is time for class. You should accompany your child into the pool area and make sure that they get to the correct spot for their lesson.
- We recommend that parents observe lessons from the front lobby or remain seated against the wall in the pool area.

LESSON PICK UP

- Please meet your child in the pool area at the end of class, as our instructors want to make sure each participant gets back to their parent/guardian safely.
- Our swim instructors are happy to talk to parents/guardians and answer any questions you may have.

SWIM LESSON ETIQUETTE

- To ensure the best experience, swimmers must bring a positive attitude, stay safe, and show respect to others, instructors, and equipment. Unsafe or disrespectful behavior may result in time away or removal from lessons. Our goal is a safe, fun environment for all.

PARENT OBSERVATION

- Parents/guardians, please avoid interrupting lessons. We'll signal you if needed. Use provided seating (benches and chairs provided on deck and in the front lobby) and ensure siblings or others observing are not disruptive.
- The pools are closed during lessons; if in the fishy pool area with siblings, stay in the fishy pool area until lessons end.

CERTIFICATES

- There is no designated "Test Day." Instructors continuously assess your child's progress during class and celebrate their achievements as they're ready. We prioritize readiness and will never ask your child to attempt something before they're prepared.
- Certificates will be distributed during the 7th lesson of the session, giving you time to register your child for the appropriate level in the next session. Review the certificate and feel free to ask the instructor any questions.

EXTRA PRACTICE

- Frequent practice helps children progress faster. Take advantage of Open Swim to let your child practice and show off what they're learning in class.

SWIMMING AIDS

- Swimming belts are teaching tools, not USCG (United States Coast Guard)-approved personal flotation devices (PFDs). They are used like kickboards or pool noodles to support learning, but our goal is for children to gain confidence and swim independently.
- During Open Swim, if your child uses a PFD, it must be USCG-approved, and you must stay within arm's reach at all times for their safety.

SAFETY GUIDELINES

The safety of our members and program participants is our lifeguards' and swim instructors' top priority. To maintain a safe pool environment, we'd like to highlight a few important pool policies:

- Children under 8 must be accompanied by an adult in the water, including in the fishy pool. Non-swimmers must wear a life jacket and be with an adult in the water at all times.
- For safety, please avoid bringing wheeled items like strollers or wagons onto the pool deck to prevent accidental falls into the pool.
- During swimming lessons, the family pool is closed. Please keep children in the fishy pool until lessons are complete.



