



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dear Parents/Guardians,

Thank you for enrolling your child/children in the Bangor Region YMCA Swim Lessons. **Your child is in for a fun, safe and positive experience!**

The Bangor Region YMCA's goal is to increase Safety Around the Water. Because Maine has abundant locations for recreation around water, it is extremely important that children and adults know how to swim and enjoy water safely. Our YMCA is dedicated to this goal by providing a program for all ages and ability levels.

Our swim lessons program meets national YMCA standards. We focus on integrating water safety benchmark skills such as "Swim, Float, Swim" and "Jump, Push, Turn, and Grab" at a beginner level to help children learn what to do in an emergency. At an advanced level, we will prepare them for competitive swimming and lifeguarding. **At the Y, we celebrate your child's achievements, give them a sense of belonging, and build positive relationships.** To foster this, our program will teach the whole child by integrating character and safety lessons into each session. Lastly, **we want to increase our communication with you.** Therefore, you will receive mid-session and end-of-session progress reports from your child's instructor.

If there are any limitations or special needs your child may have that could impact their health, safety or ability to understand and follow directions or perform various skills, please let us know before the session begins so we can make the needed accommodations. All of our Certified Swim Instructors are equipped with the teaching techniques to best reach students with diverse abilities.

We know that many parents/guardians (old and new) have many questions. For that reason, we are providing this handbook full of information that you will need to know for a successful lesson experience. **Inside is information regarding locker room usage, policies, and other guidelines. Please take the time to read and review this handbook.**

Feel free to contact us with any additional questions or concerns that you may have by emailing Shawn Rich at srich@bangorY.org or Tammy Hodgdon at thodgdon@bangorY.org

Thank you for choosing our Y to teach your child/children this important life skill.

Sincerely,

Bangor Region YMCA Aquatics
207-941-2808 ext. 332

YMCA STAGES OF SWIMMING HANDBOOK



THE BANGOR REGION YMCA

17 Second Street, Bangor ME 04401
207 941 2808 • BangorYMCA.org

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THE BANGOR REGION YMCA

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STAGES OF SWIMMING HANDBOOK

OBJECTIVES

1. To teach swimming skills for personal safety
2. To provide aquatic activities for the purpose of improvement in range of motion, endurance, muscular strength, gross motor skills, perceptual motor skills, and general physical fitness
3. To provide the basics for a lifetime sport
4. To provide character development and social and emotional skills needed to build self-confidence
5. To enhance your child's enjoyment of the water

LESSON PROGRAM OVERVIEW

Swim lessons run in 7 to 8 week sessions. Stages are offered for all abilities.

Swim Starters (Parent & Me): We offer two water adjustment classes: **Water Discovery** for children ages 6 months – 2.5 years old and **Water Exploration** for children ages 18 months – 3 years old.

Preschool Age: There are four progressive stages for 3 – 5 year olds (**Water Acclimation, Water Movement, Water Stamina, and Stroke Introduction**).

School Age: There are six progressive stages for 6 – 12 year olds (**Water Acclimation, Water Movement, Water Stamina, Stroke Introduction, Stroke Development, and Stroke Mechanics**).

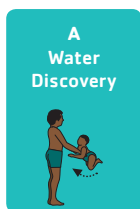
The chart below gives a description of each stage and the expected outcome.



Program Overview

SWIM STARTERS

Parent* & child lessons



Introduces infants and toddlers to the aquatic environment



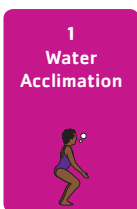
Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

Outcomes

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance



Encourages forward movement in water and basic self-rescue skills performed independently



Develops intermediate self-rescue skills performed at longer distances than in previous stages

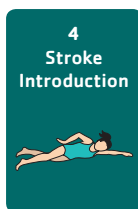
Outcomes

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

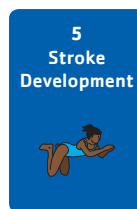
- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

SWIM STROKES

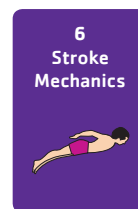
Skills to support a healthy lifestyle



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke



Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke



Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

Outcomes

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

PATHWAYS

Specialized tracks



Outcomes

Students build confidence, cultivate their passion, and stay active through specialized tracks.

*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

THE BANGOR REGION YMCA

CLASS RATIOS

Our Preschool student ratio is set at 1:6 for all lessons. Advanced levels may have a 1:8 ratio. Parent & Me lessons are up to 1:12. Some classes may have smaller ratios if registration is not full. **We must have a minimum of 3 registered students to run a class.** Should we need to cancel a class due to lack of enrollment, we will make every effort to transfer your child into another class. If we are unable to transfer your registration, a full credit will be issued.

REGISTRATION

The registration start dates for each session are listed in our Swim Lesson Brochure. Our brochure is available online at BangorY.org and printed copies can be found at our Welcome Center and in the Pool Lobby. **Class size is limited, so if a specific day and time are needed to fit your schedule, we strongly recommend that you register early on the first day of registration.**

For your convenience, there are several ways to register. If you are unable to stop by our Y to register, you can visit us online at BangorY.org. You may also register over the phone with our Welcome Center by calling 941-2808. Over the phone registration is only available to members and returning swimmers. Due to the high volume of calls our Welcome Center can receive, we ask that you have your class day/time and credit card information ready. **Please check our Swim Lesson Brochure or our website for registration dates.**

REFUNDS/CREDITS

A partial refund will be issued to participants who drop out of class one week before class begins. A **\$20 cancellation fee** will be incurred.

ABSENCES & MAKE-UP LESSONS

Participants are urged to attend all class sessions. The only make-up lessons we will offer will be held on the **Monday following the end of the session.** Levels 1 – 4 will be covered between 4 – 6pm and each class will only be 30 minutes regardless of age. To sign up for your make-up lessons, please stop by our Welcome Center or call 941-2808. **Your child must be signed up for the make-up lesson by the last Wednesday of the session.** We have many children enrolled in our programs and we adhere to strict ratios. It would be unfair to other participants to add an additional child to the class, impacting the quality of the lesson. If the YMCA cancels a class for any reason other than Holiday closings, a special make-up class will be scheduled.

To schedule a make-up lesson for Swim Starters (Levels A & B), please contact our Aquatic Managers. There will be no make-up lessons for Levels 5 & 6.

YMCA'S AGE POLICY

Any child under the age of 9 may not enter the pool area without adult supervision. If your child is enrolled in a program, please make sure a responsible adult escorts them to and from the program. **Please do not drop them off at the curb and allow them to walk in by themselves, as this is not permitted.** When you bring your child in, please park your vehicle in a parking spot, keeping the fire lane open.

NONDISCRIMINATION

It is the policy of the YMCA to make membership and programs available to all persons regardless of race, color, religion, sex, age, marital status, sexual orientation, gender identity or expression, national origin, disability, or financial circumstances without discrimination.

DRESS CODE

Since we are a family organization, we ask that everyone be discreet and attempt to cover genitalia in the locker rooms.

We strongly recommend that everyone ensures the continued safety within the facility and considers the YMCA's four core values (caring, honesty, respect, and responsibility) in their choice of attire by observing the guidelines below.

- Must wear activity-appropriate attire
- Must wear shoes at all times (except in the pool, yoga & babysitting areas), closed-toed shoes enforced in fitness areas
- Must wear a full shirt/tank top in program areas at all times
- Should wear attire that displays appropriate print/artwork

STAGES OF SWIMMING HANDBOOK

LOCKER ROOMS/LESSON PREPARATION

Boys under the age of 18 must use the Boys/Men's locker room (located across from the Fitness Center). Girls under the age of 18 must use the Girls/Women's locker room (located on the left when heading towards the Women's 18+ locker room entrance). Male parents/guardians accompanying girls under age 6 may use the Boys/Men's locker room. Female parents/guardians accompanying boys under age 6 may use the Girls/Women's locker room. If you prefer more privacy, please use the Private/Family Changing areas in our lobby and the Family bathroom by the Weight Room.

We strongly suggest that you not leave any valuables in the lockers. The Bangor Region YMCA is not responsible for lost or stolen articles. **You may bring a lock for your locker, but all locks must be removed from the locker when you leave.** Any locks that are left will be cut.

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. Participants are not permitted to chew gum or candy in the pool area. Shoulder-length hair must be tied back or capped to keep it out of the swimmer's eyes, as well as to help keep the pool clean. **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.

Food and drinks (except water in a plastic container) are not permitted in the locker rooms. No glass containers are allowed in the locker rooms or on our pool decks.

So children do not miss the beginning of their class, please allow enough time for them to dress and shower before class begins. If dressing in the changing cubicles, please remove your articles of clothing and bags from the area after you're done dressing so that others can use it. **Do not forget to ask your child if they need to go to the bathroom before class begins.** Preschool children **must** wait on the bench until the swim instructor is ready and lets them know that it is time for class. This prevents the little ones from being accidentally injured by older children or adults.

BATHROOM POLICY

Please have your child go to the bathroom before class. If your child needs to use the restroom during class, parents/guardians must escort them to the bathroom. Swimmers ages 3 years and older are **not permitted** to wear any type of diapers, including swim diapers. Children who are 3 years old **must** be potty-trained to participate in our progressive swim lessons.

SHOWER BEFORE CLASS

This is an important step in helping to keep the pool clean. Taking a shower to remove body oil, sweat, lotions, deodorants, and perfumes enables us to use fewer chemicals in the pool. Also, rinsing with cool water helps to lower your body temperature so there is no shock to the body when entering the water.

SHOES

Children may wear water shoes, flip flops or sandals in the locker room, shower area, and on the pool deck. Water shoes may not be worn in the pool for swim lessons. The shoes add extra weight to your child's feet and lead to difficulty learning proper kicking techniques and supporting themselves in the water.

CELL PHONE USAGE

Parents/guardians using their cell phone during swim lessons must have them on silent. If you need to have a phone conversation, you must leave the pool area. There are multiple adults and children that use the pool and it is inappropriate to assume they would like to be in a video or a picture that is captured and shared with others, including social media.

PHOTOS & VIDEOS

Out of the respect for every child and parent/guardian, and due to the fact that many individuals **do not** want their photos or their child's photos on social media, you are **not allowed to take any photos or videos of anyone but your own child.** If you are taking photos or videos of the entire group, our Aquatics Staff will ask you to stop and delete.

THE BANGOR REGION YMCA

SWIM LESSON ETIQUETTE

For each child to receive the best possible experience, it is required that every child comes to their lesson with a **positive attitude**. **Being safe is our number 1 priority at the Y.** We want to have a fun learning environment and that requires all our swimmers being safe. We also want our swimmers to be respectful to the other swimmers, their instructors, and our equipment. **Failure to be safe or respectful can result in time away from class and potential removal from swim lessons.** We want everyone to be successful, but we must maintain a safe environment for all of our swimmers.

WHEN SHOULD I NOT BRING MY CHILD TO LESSONS?

Open wounds and contagious diseases/illnesses are reasons to keep your child out of the pool until healed or well. At the Bangor Region YMCA, we abide by strict regulations regarding bloodborne pathogens and other bodily fluids. Participants with open cuts, blisters, inflamed eyes, contagious skin rashes, or any communicable disease are not permitted in the pool. Anyone who has or had diarrhea in the past two days should refrain from using the pool.

START OF THE CLASS

If children arrive early for class, they must wait in the Pool Lobby until it is time for their class to begin. An instructor will open the door and tell them 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. It is highly recommended that you leave your child's towel on the bench for immediate access after the lesson. Please have your child's name written on the towel to avoid any confusion. Parents/guardians are permitted to stay in the pool area during swim lessons unless the child is having a problem focusing with the parent/guardian around.

DISMISSAL TIME

Please meet your child, particularly younger ones, in the pool at the end of class. Check if your child has the correct towel and any other items (goggles, water shoes, etc.). Our instructors are happy to talk to parents/guardians and answer any questions you may have. If your discussion requires longer time than just a few minutes, we encourage you to schedule a separate time by seeing our Aquatics Manager on duty.

PARENT/GUARDIAN OBSERVATION

We ask that at no time do parents/guardians interrupt a lesson that is in progress. If we need you, we will signal you for help.

There are benches provided for you to sit on during lessons. Please do not allow siblings who are observing the lessons to be disruptive or unsafe i.e. run on the deck or go towards the water. This is a very important safety issue. They will be asked to leave if they are disruptive or are in danger of getting hurt. Please make sure to see your child's instructor at the last day of the session for your child's Certificate of Achievement.

WHAT SHOULD I DO IF MY CHILD IS CRYING?

Many times, first time participants can become overwhelmed with the lesson experience. It is not unusual for a child to become upset when in unfamiliar surroundings. Your child may show great apprehension or cry during the first few weeks of lessons. They may not wish to return, or they may pretend to be ill. Be persistent and they will overcome their fears. Our instructors are trained to handle this kind of situation. The best thing you could do for your child is to give your child to the instructor and leave the pool area immediately.

Sometimes parents/guardians feel their child will be more comfortable with them on the pool deck, but this only makes the instructor's job more difficult and distracts your child and the other children in the class. Please let our trained instructors work with your child.

EXTRA PRACTICE AND AT HOME PRACTICE

Bring your child to Family Swim (see our Pool Schedule for available times) and give them an opportunity to show you what they are learning in class. The more opportunities children are given to practice, the faster their progress will be. **FREQUENCY is a very important factor in learning.** Family Swim is included in Y memberships and are \$10 per person or \$15 per family for Non-Members.

Practice in the bathtub at home is very beneficial if your child is not acclimating to getting their face and ears wet in the pool. Spend part of each bath time letting water drip over their face, blowing bubbles, getting their face wet and lying on their back to get their ears wet. For some children, this is an unnatural feeling and must be done gradually. Have your child practice floating on their back. Begin in a small amount of water and then increase the depth. This helps the child become accustomed to having water in their ears and gain an understanding of the buoyancy of their body. For advanced levels, have children practice arm movements for various strokes while

STAGES OF SWIMMING HANDBOOK

standing on the floor. They can practice crawl stroke arms, backstroke arms, breaststroke arms, and butterfly arms. Remember to **never, ever leave a child alone in the bathtub or swimming pool.**

TESTING AND CERTIFICATES OF ACHIEVEMENT

Children are continuously being evaluated on their progress during class. There is no specific "Test Day". As mentioned earlier, we want to celebrate your child's achievements and will mark your child's progression on an individual basis when they are ready. **Readiness is an important concept in learning; a child will never be pushed to perform skills that are beyond their ability.**

During the session, you will receive a Mid-Session Report and End-of-Session Progress Report. These will help you see your child's progress and help you understand which skills they need more work on. The End-of-Session Progress Report will also list which class your child should be signed up for next session. You may not sign your child up for a class they are not ready to be in. Lesson placement is solely up to the Bangor Region YMCA Aquatics Staff.

INDIVIDUAL DIFFERENCES

Each child differs in their progress in all activities, including swimming. With our progressive swim stages, we want to celebrate all of their achievements—big and small. Our trained instructors have the experience and knowledge to cater the skills to the child's individual needs. Therefore, **we do not compare one child's ability to another.** Don't be discouraged if your child does not seem to be doing as well as another child.

Some examples of what may cause slow progress:

1. Fear of the water
2. Slow acclimation to being comfortable in the water
3. Difficulty focusing
4. Learning of/or discussing a friend or family member's (especially an adult's) fear of the water

BUBBLES

The bubble is **not** a USCG (United States Coast Guard) approved PFD (personal flotation device). It is a teaching aid to be used like a kickboard or pool noodle. **We encourage children to find comfort and confidence in the water without a bubble.** The beginning stages of the swim program help children gain the knowledge of what to do in the water if they find themselves in an emergency situation without a flotation aid. If you choose to put a USCG approved PFD on your child during Family Swim, you must always be within arms reach of your child in the water and it must be USCG approved.

VOLUNTEERS

The YMCA is always looking for volunteers. If you have any free time during the day and would enjoy volunteering in our swim program, please contact the Aquatic Managers. The more help that we have, the more time a child will receive in the water.

OTHER QUESTIONS OR CONCERNS

We want both you and your child to have a positive experience. If you have any questions or concerns, please contact Shawn Rich, Aquatics Manager, at srich@bangorY.org or Tammy Hodgdon, Director of Operations & Member Services, at thodgdon@bangorY.org.

STAGES OF SWIMMING SKILLS & BENCHMARKS

Stages of Learning

↑ Infant & Toddler
6 mos.–3 yrs.
Stages A–B

↑ Preschool
3–5 yrs.
Stages 1–4

↑ School Age
5–12 yrs.
Stages 1–6

↑ Teen & Adult
12+ yrs.
Stages 1–6

SWIM STARTERS

Parent & child lessons

SWIM BASICS

Recommended skills for all to have around water

SWIM STROKES

Skills to support a healthy lifestyle

PATHWAYS

Specialized tracks

A Water Discovery

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

B Water Exploration

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.

1 Water Acclimation

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.

2 Water Movement

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.

3 Water Stamina

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)

4 Stroke Introduction

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.

5 Stroke Development

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.

6 Stroke Mechanics

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.

Competition

Leadership

Recreation

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YMCA Swim Lessons | V6

STAGES OF SWIMMING SKILLS & BENCHMARKS



Infant & Toddler / Preschool Skill Continuum

This continuum outlines the skills taught at each stage for infants, toddlers, and preschool-age children. Though school-age children, teens, and adults also learn the skills listed in stages 1–4, they achieve distinct milestones compared to preschool-age children. As a result, their skills are presented in a separate skill continuum.

	A Water Discovery	B Water Exploration	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction
Breath control	Blow bubbles on surface, assisted	Blow bubbles mouth & nose submerged, assisted	Submerge bob independently	Submerge look at object on bottom	Submerge retrieve object in chest-deep water	
Swim on front	Front tow chin in water, assisted Front float chin in water, assisted	Front tow blow bubbles, assisted Front float blow bubbles, assisted	Front glide assisted, to wall, 5 ft. Front float assisted, 10 secs., recover independently	Front glide 5 ft. Front float 10 secs.	Swim on front 10 yd.	Front crawl rotary breathing, 15 yd. Breaststroke kick, 15 yd. Butterfly kick, 15 yd.
Swim on back	Back float assisted, head on shoulder Back tow assisted, head on shoulder	Back float assisted, head on chest Back tow assisted, head on chest	Back float assisted, 10 secs., recover independently Back glide assisted, at wall, 5 ft.	Back float 10 secs. Back glide 5 ft.	Swim on back 10 yd.	Back crawl 15 yd.
Water safety	Roll assisted, back to front & front to back Wall grab assisted	Roll assisted, back to front & front to back Monkey crawl assisted, on edge, 5 ft.	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 30 secs. & exit	Dive sitting Resting stroke elementary backstroke, 15 yd. Tread water scissor & whip kick, 1 min.
Benchmark	Water exit parent & child together Water entry parent & child together	Water exit assisted Water entry assisted	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 15 yd.	Endurance any stroke or combination of strokes, 25 yd.

STAGES OF SWIMMING SKILLS & BENCHMARKS



School-Age / Teen & Adult Skill Continuum

This continuum outlines the skills taught at each stage for school-age children, teens, and adults. Though preschool-age children also learn the skills listed in stages 1–4, they achieve distinct milestones compared to school-age children, teens, and adults. As a result, their skills are presented in a separate skill continuum.

	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.

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**Please sign the back of this page
and return it to one of our
Aquatic Managers by the
first day of class.**

STAGES OF SWIMMING HANDBOOK

PARENT/GUARDIAN AGREEMENT

I verify that I have been given a copy of the YMCA Stages of Swimming Handbook.

I understand and accept full responsibility for reading these policies and procedures completely and asking for clarification related to sections that I may not fully understand or about which I have questions.

I will address all comments and questions concerning the YMCA Stages of Swimming Handbook directly to the Aquatic Managers and/or Director of Operations & Member Services.

I further understand that the policies and procedures in the YMCA Stages of Swimming Handbook can be changed in parts or in its entity. Any changes will replace previous Swim Lesson policies and procedures.

Parents/guardians will be notified of any approved changes to the Swim Lesson policies.

Parent/Guardian Signature _____ Date _____

Print Name _____

Child's Name _____

Please sign and return this page to one of our Aquatic Managers by the first day of class.

The Bangor Region YMCA is a community leader in supporting children, adults, and families in their lifelong quest for physical, emotional, and social wellness.

