

## Nurturing skills and building confidence in the water

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.



To learn more  
about this  
program contact:

**Ryan Good**  
Aquatics Director

**BUTLER YMCA**  
339 North Washington Street  
Butler, PA 16001  
724-287-4733 Ext: 138  
[rgood@bcfymca.org](mailto:rgood@bcfymca.org)



**CHECK OUT  
THE NEW  
SWIM LESSON  
PROGRESSION  
CHART!**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**STRONG  
SWIMMERS  
CONFIDENT KIDS**

**Swim Lessons  
Butler YMCA**



# WE'RE HERE FOR EVERYONE

All ages - from infants to seniors - can learn to swim. Check out our class offerings below to find one that fits your family's busy schedule.

## Swim Starters Aquatic Program

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.

### Stage Descriptions:

#### A / Water Discovery

Introduces infants and toddlers to the aquatic environment.

#### B / Water Exploration

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

\* 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.

## Swim Basics for Preschool, School Age, Teen, and Adult

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 - and **jump, push, turn, grab**.

**In Water Acclimation, Water Movement, and Water Stamina**, students are taught the recommended skills for all to have around water including safe water habits, underwater exploration, and how to swim to safety and exit in the event of falling into a body of water. Activities, games, and drills, geared to reinforce learning, are utilized heavily as students progress in this skill-based approach to swimming.

### Stage Descriptions:

#### 1 / Water Acclimation

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

#### 2 / Water Movement

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

#### 3 / Water Stamina

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

## Swim Strokes for Preschool, School Age, Teen, and Adult

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.

**In Stroke Introduction, Stroke Development and Stroke Mechanics**, swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits.

### Stage Descriptions:

#### 4 / Stroke Introduction

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

#### 5 / Stroke Development

Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke.

#### 6 / Stroke Mechanics

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

## Specialty Classes / Programs

We will continue with our **Shark and Jr. Barracudas** program here at the Butler YMCA for further stroke development, technique, and skill set.