



# YMCA Aquatics

## L'il Dippers Program

For infant to five year olds

### Purpose

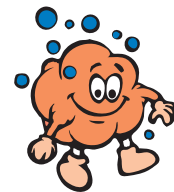
To orient preschoolers and the adults who accompany them to a wide range of water activities, while setting a foundation for swimming - a critical life skill.

### What We Do

With an adult

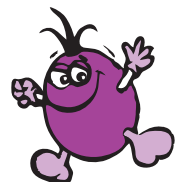


**Splashes**  
Splashes with hands or feet

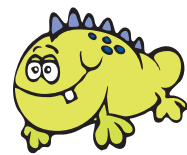


**Bubblers**  
Front/Back float assisted

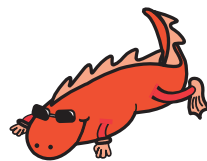
With an adult or on their own



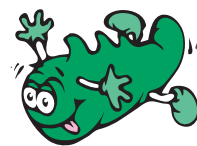
**Bobbers**  
Bobs and floats assisted



**Floaters**  
Front and Back floats



**Gliders**  
Front/Side/Back glides



**Divers**  
Kicking on front and back for 5 m



**Surfers**  
Surface support for 30 seconds



**Dippers**  
Swim for 25 m

### How We Do It

Emphasize YMCA Core Values:

**CARING**

**HONESTY**

**RESPECT**

**RESPONSIBILITY**

Build Assets:

- Say "yes" more often than "no"
- Give opportunity for choice
- Model healthy attitudes and behaviours
- Balance structured time with playtime
- Sing songs to learn skills
- Praise children for demonstrating positive values
- Encourage friendships
- Respect children even when they make mistakes

### Why We Do It

To help children reach their potential



# Learn to Swim Program

For children six years and older

## Purpose

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To build positive values, a love for the water, and orient individuals age six and over to fundamental swim skills.

## What We Do

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**Otter**  
Front and back glides,  
submersion



**Seal**  
Kicking and rolling,  
deep water skills



**Dolphin**  
Coordination for front and  
back crawl



**Swimmer**  
Front and back crawl for  
15 m

## How We Do It

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Emphasize YMCA Core Values:

**CARING**

**HONESTY**

**RESPECT**

**RESPONSIBILITY**

Build Assets:

- Catch children doing things right
- Celebrate each success
- Model YMCA Values
- Keep competitive games fun
- Communicate to students we are proud of them
- Lead age appropriate activities
- Listen to the wants and needs of young people
- Encourage participation in all activities

## Why We Do It

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To help children reach their  
**potential**



# YMCA Aquatics

## Star Program

### Purpose

To develop the individual, improving swim ability, developing water sport and safety skills, as well as endurance, developing new strokes and exploring leadership skills.

### What We Do



**Star 1**  
Elementary backstroke,  
Eggbeater



**Star 2**  
Breast stroke; Swim for 100 m



**Star 3**  
Dolphin kick; Swim for 200 m



**Star 4**  
Side stroke; Lifesaving H<sub>2</sub>O  
proficiency

### How We Do It

Emphasize YMCA Core Values:

**CARING**

**HONESTY**

**RESPECT**

**RESPONSIBILITY**

Build Assets:

- Assist individuals to set goals
- Ask young people for feedback about their swim class
- Communicate that learning is important
- Give opportunities for leadership
- Listen to young people talk about their activities, hopes and dreams
- Assist young people to treat one another with respect
- Clearly communicate expectations and boundaries
- Promote ways to deal with conflict peacefully

### Why We Do It

To help children reach their  
potential



# YMCA Aquatics

## Star Leadership Program

### Purpose

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To develop the individual, improving swim ability, developing water sport and safety skills, as well as endurance, developing new strokes and exploring leadership skills.

### What We Do

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**Star 5**  
Butterfly; First Aid;  
Teaching others



**Star 6**  
Lifesaving Recognition and  
Rescue; Swim for 600 m



**Star 7**  
Volunteer in aquatics;  
Swim 400m in 12 minutes

### How We Do It

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Emphasize YMCA Core Values:

**CARING**

**HONESTY**

**RESPECT**

**RESPONSIBILITY**

Build Assets:

- Assist individuals to set goals
- Ask young people for feedback about their swim class
- Communicate that learning is important
- Give opportunities for leadership
- Listen to young people talk about their activities, hopes and dreams
- Assist young people to treat one another with respect
- Clearly communicate expectations and boundaries
- Promote ways to deal with conflict peacefully

### Why We Do It

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**To help children reach their  
potential**