



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING STRONG AND CONFIDENT SWIMMERS

Every day, in communities all across the United States, people discover the Y through aquatic programs. As a Swim Instructor, you play an essential role in transforming those individuals from people who know the Y (the Y is where I go to swim) into people who love the Y (the Y is a nonprofit that invests in me and my community). In addition, through your work, you have the opportunity to fundamentally impact people's lives for the better, teaching them how to stay safe around water and helping them develop skills that will keep them physically active for a lifetime.

The Y is America's swim instructor. As such, we consider it a priority, and a responsibility, to prevent drowning and improve health outcomes by cultivating physical, cognitive, and social-emotional well-being through swimming. Swimming fosters connection among and with people of all dimensions of diversity and increases their sense of access, inclusion, and engagement. The pool can be a place where communities come together and bridges are built. You help make that happen! And this toolkit is designed to support you in doing so.

YMCA SWIM LESSONS CURRICULUM AND TRAINING

The YMCA Swim Lessons curriculum presented in this toolkit was informed by extensive research, consisting of surveys, interviews, expert panels, and focus groups, into the needs and priorities of the Y Movement. The skill-based approach is designed to meet the needs of local Ys and the people they serve in a variety of ways:

- It welcomes students of varying and diverse abilities, ensuring everyone feels like they belong.
- It fosters a sense of achievement from the start.
- It emphasizes group activities that encourage relationship building.
- It is grounded in a skill continuum that allows students to flow easily from one skill to the next, with clearly defined stages of progress along the way.

The toolkit contains

- overview resources to help you understand the full curriculum and
- tools to help you implement it.

The following page illustrates the resources and tools available to you.

In addition, YMCA of the USA (Y-USA) offers comprehensive instructor training. The courses that make up the training teach you how to help students achieve new skills and create an environment in which diverse individuals can come together to build friendships and feel a sense of belonging:

eLearnings

- Principles of Youth Development
- YMCA Swim Lessons Instructor V6: Orientation
- YMCA Swim Lessons Instructor V6: Observe and Communicate

Classroom Courses

- YMCA Swim Lessons Instructor V6

At the Y, we have made a promise to strengthen community through youth development, healthy living, and social responsibility. Fulfilling this promise begins with leaders like you, in every YMCA across the country, who understand our promise and your role in fulfilling it.

Swim Instructor Toolkit

ORIENT



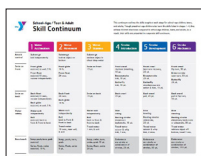
Program Overview

Provides a visual overview of the YMCA Swim Lessons program, including the eight stages that make up the curriculum



Infant & Toddler / Preschool Skill Continuum

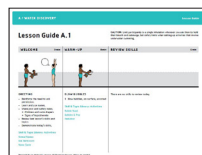
Lists the skills taught in each stage offered to infants, toddlers, and preschoolers



School-Age / Teen & Adult Skill Continuum

Lists the skills taught in each stage offered to school-age children, teens, and adults

PREPARE & TEACH



Lesson Guides

Offer a quick guide to teaching swim lessons at the Y



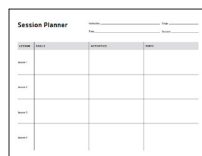
Stage Overview

Gives an overview of the skills taught in a particular stage and when to teach them



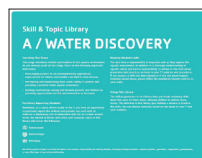
Progress Tracker

Helps you track progress so it can be shared with students and their families



Session Planner

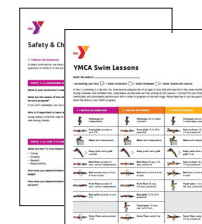
Allows you to adapt the curriculum to the abilities of your students



Skill & Topic Library

Contains detailed information on how to teach skills and topics

COMMUNICATE



Family Welcome Letter / Safety & Character Topics

Help you connect with families on the first day and engage them throughout the session



Mid-Session Report

Allows you to communicate student progress to students and their families midway through the session



Home Activities

Reinforces skills students may be struggling with by walking them through activities they can do at home to develop that skill



Certificate of Achievement

Celebrates the skills students have achieved and identifies the next step in their continued progress

All tools can be found on Exchange (yexchange.org).

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