



YMCA Aquatics

L'il Dipper Program

Bobbers



Learner Outcomes
Attendance is regular
Enters into activities enthusiastically
Is happy in the water
Safety Education & Awareness
Familiar with water safety and knows hazards
Basic safety rules and safety sounds
Understands difference between floating and sinking objects
Understands calling for help
Entering & Exiting the Water
Enter water, assisted
Exit water
Enter using stairs or ladder
Enter from side of pool
Jumps into chest-deep water, assisted
Breath Control
Blows bubbles holding instructor, adult or side of pool
Puts face in water through progressions
Bobs holding instructor, adult or side of pool
Blows bubbles while bobbing
Retrieves object in chest-deep water
Holds wall, kicks, blows bubbles
Floating and Surface Support
Front float, assisted
Back float, assisted
Movement through the Water
Move through chest-deep water
Front tow with PFD
Front tow kicking legs and moving arms
Back tow with PFD
Back tow kicking legs and moving arms
Front glide, assisted
Back Glide, assisted

Floaters



Learner Outcomes
Attendance is regular
Enters into activities enthusiastically
Is happy in the water
Safety Education & Awareness
Basic safety and safety sounds
Understands difference between floating and sinking objects
Know how to wear PFDs
Understands calling for help
Entering & Exiting the Water
Jumps into chest-deep water wearing PFD
Jumps into chest-deep water
Breath Control
Bobs unassisted
Bobs 5 times in chest-deep water
Opens eyes underwater
Retrieves object with a bob
Holds wall, kicks, face in water
Floating and Surface Support
Front float and recovery
Back float and recovery with buoyant aid
Back float and recovery
Surface support, chin-deep water 10 seconds
Movement through the Water
Front swim with PFD 10m
Back swim with PFD 10m
Front glide with buoyant aid
Front glide
Introduction to side glide
Back glide with buoyant aid
Front glide, kick, face in water 3m with buoyant aid
Back glide, kick, 3m with buoyant aid

Gliders



Learner Outcomes
Attendance is regular
Enters into activities enthusiastically
Is happy in the water
Safety Education & Awareness
How and when to wear PFDs
Introduction to boating safety
Deep water awareness
Accessing emergency response
Entering & Exiting the Water
Jumps into deep water with a PFD
Jumps into deep water, assisted
Introduction to sitting dive, assisted
Breath Control
Bobs 8 times in chest-deep water
Introduction to deep water bobs, assisted
Retrieves object in chest deep water, assisted
Holds wall, kicks, face in water
Floating and Surface Support
Front float and recovery in chest deep water
Back float and recovery in chest deep water
Front float in deep water, assisted
Back float in deep water, assisted
Introduction to deep water surface support
Movement through the Water
Front swim with PFD, 15m in deep water
Back swim with PFD, 15m in deep water
Front glide, kick, in chest deep water 3m
Back glide
Back glide, kick, in chest deep water 3m
Side glide with kick, both sides, assisted
Front swim using arms and legs, 5m
Back swim using arms and legs, 5m

Divers



Learner Outcomes
Attendance is regular
Enters into activities enthusiastically
Is happy in the water
Safety Education & Awareness
Understands hazards of bodies of water
Basic boating safety
Entering & Exiting the Water
Jumps into deep water, assisted
Jumps into deep water with PFD
Jumps into deep water
Sitting/kneeling dive, assisted
Breath Control
Introduction to side breathing
Deep-water bobs
Retrieve object from bottom in chest-deep water
Floating and Surface Support
Front float to back float
Front float and recovery in deep water
Back float and recovery in deep water
Surface support in deep water, 10 seconds
Movement through the Water
Front glide with kick, 5m
Roll from front glide to back float
Roll from back glide to front float
Side glide with kick, both sides
Front glide, roll over, back glide
Front glide with kick, deep water, 5m
Back glide with kick, deep water, 5m
Front swim with arm action, kick 10m
Back swim with arm action, kick 10m

Surfers



Learner Outcomes
Attendance is regular
Enters into activities enthusiastically
Is happy in the water
Safety Education & Awareness
Introduction to ice safety
Introduction to HELP/huddle positions
Introduction to basic reaching assists
Entering & Exiting the Water
Sitting/kneeling dive
Creative, safe, fun entries
Breath Control
Kick, holding buoyant aid, side breathing
Retrieve object from deep water
Floating and Surface Support
Surface support in deep water 30 seconds
Movement Through the Water
Introduction to overarm recovery
Front swim with arm action and flutter kick 15m
Back swim with arm action and flutter kick 15m
Front swim 10m, roll over, back swim 10m
Swim Skills
Front or back somersault in water

Dippers



Learner Outcomes
Attendance is regular
Enters into activities enthusiastically
Is happy in the water
Safety Education & Awareness
Boating safety
Introduction to throwing assists, no line
Entering & Exiting the Water
Standing dive
Jump in from a height
Breath Control
10 bobs, deep water
Floating and Surface Support
Surface support in deep water 45 seconds
Deep water games
Movement Through the Water
Underwater swim
Front swim 25m
Introduction to front crawl
Back swim 25m
Introduction to back crawl
Swim Skills
Front glide into somersault
Sculling 10m
Finning 10m
Head-first surface dive
Foot-first surface dive



YMCA Aquatics

Learn to Swim Program

Otter



Submersion

Face in water and exhale

Submersion with rhythmic breathing 5 times

Glides

Front Glide: Push off bottom towards wall, 1m

Front Glide: Push off wall, 1.5m

Back Glide: Feet can be near bottom, 2m

Back Glide: Feet and hips at surface, 2m

Side Glide: Face in, 1.5m

Side Glide: Face out, 1.5m

Optional Criteria (Learn 3 to complete)

Log roll

Demonstrate how to get help

Demonstrate how to follow two rules and importance

Jump into Chest Deep water from standing position

Swim in deep water with a PFD

Water Safety appropriate to community and season

Seal



Glides

Front Glide: 2m

Front Glide to Side Glide Roll: 1m both sides

Front Glide to Side Glide Roll with arm recovery: 2 cycles, alternate sides

Back Glide to Side Glide Roll: One arm up, 1m both sides

Back Glide to Side Glide Roll: One arm up, 2 cycles, alternate sides

Kicking

Vertical, in deep end with flotation device, 5 secs

Vertical, in deep end, aligned, 5 secs

Back Glide with Kick: Arms at sides, 5m

Front Glide with Kick: 2.5m

Side Glide with Kick: Face in, 2m

Side Glide with Kick: Face out, 2m

Submersion

Whole body underwater for 5 seconds

Deep Water Skills

Vertical in deep water, level off, swim 2m to wall

Jump into deep water, level off, swim back on front, face in

Optional Criteria (Learn 3 to complete)

Choose and throw a buoyant object to someone

Recover an object in chest deep water

Sitting Dive into Deep Water

Forward somersault

In Deep Water, climb 1m down pole, swim or climb up

Water Safety appropriate to community and season

Dolphin



Submersion

Swim underwater 1.5m

Kicking and Gliding

Kicking: Vertical, in deep end, 10 secs

Back Glide Kicking: Arms at sides, 10m

Side Glide Kicking: Face in, 2m

Side Glide Kicking: Face out, 5m

Front Glide to side Glide Roll with kick, 5m

Endurance

Back Glide with Kick: One arm up, 10m

Side Glide with Kick: Face in, 3m

Side Glide with Kick: Face out, 10m

Front Kicking roll to Side Kicking with Arm Recovery:
Repeat 3 times, total 12m

Back Kicking roll to Side Kicking with Arm Recovery:
Repeat 3 times for 18m

Skills

Head first sculling on back, 3m

Deep Water Skills

Intro to Foot First Surface Dive: Swim 1m touch bottom with feet, 1.5m deep, surface and swim to start

Deep Water Bobs: 5 times, then swim 1m to wall

Vertical Position: face out, 30 seconds, may use arms/legs

Optional Criteria (Learn 3 to complete)

Kneeling Dive

Swim 25m in a PFD wearing shirt and pants

Back somersault

Put PFD on in deep water

Recover an object in water 1.5m deep

Cross country ski motion in deep water for 5m

Water Safety appropriate to community and season

Swimmer



Submersion

Underwater Swim: 2.5m

Strokes

Front Crawl: Initial Standard, 15m

Back Crawl: Initial Standard, 15m

Endurance

Back Glide with Kick: One arm up, 25m

Side Glide with Kick: Face up, 25m

Front Glide to Side Glide Roll: Kicking, arm recovery, 25m

Deep Water Skills

Jump in, tread water 40 secs, swim back to wall

Foot First Surface Dive 1.5m: Recover Object

Vertical Position: Face out, 1 minute, may use arms/legs

Skills

Head-First sculling: On back, 5m

Stationary sculling: On back, 1 minute

Optional Criteria (Learn 3 to complete)

Pendulum Dive

Swim 15m wearing shirt and pants

Underwater Swim: On back, 2m

Climb head-first down pole: 2m, climb/swim back up

Vertical Float in deep water

Deep Water Bobs: 1.5m deep, 4 times

Water Polo: Waterpolo back crawl

Water Polo: Waterpolo crawl with ball

Water Polo: Waterpolo crawl holding ball

Water Safety Appropriate to community and season



YMCA Aquatics

Star Program

Star 1



Strokes
Front Crawl: Initial Standard, 15m
Back Crawl: Initial Standard, 15m
Elementary Backstroke: Initial Standard 15m
Endurance
Head-first sculling: On back, 15m
25m Front Crawl, 25m Back Crawl, 25m Choice
Jump into deep water, tread 2 minutes, swim 25m on back
Skills
Foot First Sculling on back, 3m
Eggbeater: with flotation, 1 minute
Optional Criteria (Learn 5 to complete)
Competitive Swimming: Front and Back Crawl Start
Competitive Swimming: 25m Sprint of Front or Back Crawl, record times
Lifesaving: Deep Dive
Lifesaving: Predict the # lengths one can swim and then swim them
Lifesaving: HELP and Huddle Position with a buoyant aid
Lifesaving: Demonstrate how to recover from falling through ice
Synchronized Swimming: The Tub
Aquatic Fitness: Jog three different ways, shallow water, 3 min
Aquatic Fitness: Jog with buoyant aid 3 different ways, deep water, 3 min
Waterpolo back crawl: with whipkick
Waterpolo crawl: with whip kick, pushing ball
Waterpolo crawl: with whip kick, holding ball
Water Safety appropriate to community and season

Star 2



Strokes
Front Crawl: Intermediate Standard, 25m
Back Crawl: Intermediate Standard, 25m
Breaststroke: Initial Standard, 25m
Skills
Eggbeater: with arms, 1 minute
Endurance
Elementary Backstroke: Initial Standard, 25m
Front Crawl: Initial Standard, 50m
Back Crawl: Initial Standard, 50m
Foot-first Sculling 10m, change direction, Head-first Sculling 25m
Any combination sculling/strokes: 100m
Optional Criteria (Learn 5 to complete)
Competitive Swimming: Front and Back Crawl Turn
Competitive Swimming: 3 x 25m Sprint Front or Back Crawl: record times
Competitive Swimming: Swim 150m: Use Front Crawl and Back Crawl Starts & Turns
Lifesaving: Whip Kick on Back: Carry 5lb object 10m
Synchronized Swimming: The Pretzel
Aquatic Fitness: Jumping in Shallow Water: Use four working positions, 4 minutes
Aquatic Fitness: Scissors in Deep Water: Forward and backward, 4 minutes
Water Polo: Basic position: Front and side
Water Polo: Ball pick-up
Water Polo: Wet pass
Waterpolo: Breaststroke
Water Safety appropriate to community and season

Star 3



Strokes
Front Crawl: Advanced Standard, 25m
Back Crawl: Advanced Standard, 25m
Elementary Backstroke: Intermediate Standard, 25m
Endurance
Breaststroke: Initial Standard, 50m
Front Crawl: Intermediate Standard, 75m
Back Crawl: Intermediate Standard, 75m
Elementary Backstroke: Initial Standard, 50m
Any combination sculling/strokes: 200m
Canadian Swim Patrol- Rookie Recognition and Rescue
Look at the facility for 10-15 sec, turn away and then describe
Identify and Simulate: Non-Swimmers, Weak Swimmers
From the deck throw a buoyant aid with a line to hit a target for 30 seconds
Skills
Eggbeater: No hand support, 2 minutes
Eggbeater: Moving forwards and backwards, 5m each direction
Dolphin Kick: Body close to surface
Optional Criteria (Learn 5 to complete)
Competitive Swimming: Breaststroke Start and Turn
Competitive Swimming: Swim 250m: Choice of strokes, using Start & Turns
Synchronized Swimming: Propeller scull
Synchronized Swimming: The Water Wheel
Aquatic Fitness: Kicking in Shallow Water: Varying intensity, 5 minutes
Aquatic Fitness: Tilting in Deep Water: Working around the body, 5 minutes
Waterpolo: Stepping
Waterpolo: Changing direction: Front, back, and with Waterpolo Crawl
Waterpolo: Zig Zag
Waterpolo: Stop Start: With the Ball
Water Safety appropriate to community and season

Star 4



Strokes
Breaststroke: Intermediate Standard, 25m
Side Stroke: Initial Standard, 15m
Endurance
Eggbeater: Forwards, 10m
Eggbeater: Backwards, 25m
Dolphin Kick for 25m
Elementary Backstroke, Intermediate Standard 75m
Skills
Front Float: Star fish position, 15 seconds
Back Float: Star fish position, 1 minute
Back Float: Both arms above head, 30 seconds
Side Float: Face in, bottom arm vertical towards bottom of pool
Lifesaving: Canadian Swim Patrol - Rookie H2O Proficiency
Swim 25m: Head-up Front Crawl or Breaststroke
Ready position: With stationary scull, 30 seconds
Lifesaving Kick: Carry 5lb object for 15m using a Lifesaving Kick
Foot-first Surface Dive: Max. Depth 2m
Head-first Surface Dive: Max. Depth 2m
Inflate two items of clothing, use as a buoyant aid
Swim 25m: Any stroke, Swim under an obstacle at half way point
150m Swim: Front Crawl, Back Crawl, Breaststroke (50m each)
350m Workout: 3 times on 3 different days
Swim 100m in 3min: Using any combination of strokes

Optional Criteria (Learn 5 to complete)
Advanced Swimming: Elementary Backstroke: Advanced Standard
Synchronized Swimming: Sailboat
Synchronized Swimming: Lobster Scull
Aquatic Fitness: Rocking: Around the body, 3 minutes
Aquatic Fitness: Bicycling: Changing surface area, 5 minutes
Waterpolo: Vertical Position
Waterpolo: Vertical Position: Moving with ball
Waterpolo: Passing a Ball
Waterpolo: Catching and Passing a Ball
Waterpolo: Catching and Wet Pass: While moving
Water Safety appropriate to community and season



YMCA Aquatics

Star Leadership Program

Star 5



Strokes
Butterfly: Initial Standard, 15m
Endurance
500m: Choice of strokes
Lifesaving: Canadian Swim Patrol - Rookie First Aid
Injured Victim: Primary assessment & appropriate care
Demonstrate ability to call EMS
External Bleeding: Primary assessment & appropriate care
Lifesaving: Canadian Swim Patrol - Ranger H2O Proficiency
Forward and backward somersault: continuous sequence
Stride entry: Swim 25m, head-up front crawl or breaststroke, ready position
Eggbeater: Kick on back, 25m
Object Support: 5lb object, 1 minute
Surface Dive: Head-up approach, max. depth 2m, underwater swim 2-3m, recover small object, surface and carry object
Assisted removal: Conscious victim
75m each: Front Crawl, Back Crawl, & Breaststroke
100m Medley: 25m each Lifesaving Kick, Back Crawl, Breaststroke & Front Crawl
Swim 200m in 6 minutes or better
Lifesaving: Canadian Swim Patrol - Ranger Recognition and Rescue
Recognize and Simulate: Weak swimmer, Non-swimmer, & Unconscious Victim
Recognize and avoid victims who present danger
Perform Non-Contact Rescue: Using a buoyant aid
Teaching
Lead an activity using effective formations
Help someone with stroke or skill: Demonstrate positive teaching techniques
Create and teach a game to help practice a stroke or skill

Optional Criteria: Learn 4 to Complete
Advanced Swimming: Side Stroke: Intermediate Standard
Advanced Swimming: Breaststroke: Advanced Standard
Synchronized Swimming: The Flower Pot
Synchronized Swimming: Lobster Scull
Synchronized Swimming: Front Pike Pull Down
Synchronized Swimming: Split Position to Vertical
Synchronized Swimming: Table Top
Aquatic Fitness: Any Combination of Deep Water moves: 15 minutes
Aquatic Fitness: Any Combination of Shallow Water moves: 15 minutes
Waterpolo: Fouls
Waterpolo: Freeing yourself for a pass: Changing directions
Waterpolo: Freeing yourself for a pass: Swimming away
Water Safety appropriate to community and season

Star 6



Lifesaving: Canadian Swim Patrol - Ranger First Aid
Scene & Primary Assessment: Unconscious, breathing victim
Demonstrate emergency care for a victim in shock
Obstructed Airway: Conscious adult or child
Lifesaving: Canadian Swim Patrol - Star H2O Proficiency
Demonstrate two different entries with different aids
Entry with an aid, swim 25m head up, ready position, move forward, backwards and turn
Defence methods: front, side, and rear
Eggbeater: travel changing direction and height level
Lifesaving Kick: Carry a 10lb object 25m
Removal: Unconscious victim, untrained bystander
Head and Foot First Surface Dive Drill
In shallow water, turn a victim face-up and support the face above the surface
Swim Front Crawl, Back Crawl, and Breaststroke (100m each)
600m Workout Swim on 3 different days
Swim 300m in 9 minutes or better
Lifesaving: Canadian Swim Patrol - Star Recognition and Rescue
From 3 different heights or positions, locate and describe an object located on the bottom of the pool or below the surface
Perform a rescue: Weak or non-swimmer with a towing aid
Teaching
Demonstrate progressions for 3 swim strokes/skills
Help someone with a stroke/skill using the E.G.G.S. method
Set a personal swimming related goal and create a plan to achieve it

Optional Criteria: Learn 4 to Complete
Advanced Swimming: Butterfly: Intermediate Standard
Advanced Swimming: Sidestroke: Advanced Standard
Synchronized Swimming: The Blossom
Synchronized Swimming: Inverted Tuck
Synchronized Swimming: Swirlee
Aquatic Fitness: Lead a group through a 10 minute aquatic fitness routine
Waterpolo: Stealing a ball
Waterpolo: Dribbling with a ball
Water Safety appropriate to community and season

Star 7



Lifesaving and Fitness
400m swim in 12 minutes
Submerged Victim Rescue Drill
Carry Unconscious Victim 25m with buoyant aid
Demonstrate F.I.T.T. Principle
Demonstrate appropriate response to a variety of lifesaving rescue and first aid situations
Lifesaving: Canadian Swim Patrol - Star First Aid
Recognition and Care: Bone or Joint Injury
Recognition and Care: Respiratory Distress
Recognition and Care: Asthma or Anaphylaxis
Teaching
Create and deliver: 3 fun activities for a swim stroke/skill
Explain and demonstrate: 3 physical principles of swimming
Help someone by providing effective feedback on stroke/skill
Teach an active and wet water safety activity to a group
Help someone set a swimming related goal & plan to achieve it
Optional Criteria: Learn 4 to Complete
Competitive Swimming: Compete: Using competitive swim skills, minimum 3 people
Competitive Swimming: Endurance Challenge: 800m or 1000m swim
Synchronized Swimming: Create and demonstrate a routine using a minimum of 7 synchronized swimming figures
Aquatic Fitness: Create and demonstrate a routine using all basic moves at varying intensities
Waterpolo: Play a game of water polo using water polo skills and strategies
Volunteerism: Assist a Swim Instructor with Swim Lessons for 4 hours
Volunteerism: Assist a Lifeguard with Lifeguarding for 4 hours
Water Safety appropriate to community and season