



Contact Si View Pool staff with questions:

Pool Staff [poolstaff@siviewpark.org](mailto:poolstaff@siviewpark.org) / 425-414-0765

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### **Youth Program Guidelines**

The youth program classes are for ages 6-12 (5 ½ year olds can register for youth lessons with mastery of preschool level skills). After reviewing the skills covered for the course level, select a class on the conservative side of the student's skills. It is preferable that they succeed in the appropriate class rather than struggle in one that is difficult. Students will progress through levels at different speeds depending on age, physical coordination, practice outside of class, etc. In most cases, completing a swim level takes 2-3 sessions.

## Youth 1

Youth 1 classes are introduced to deep water. Students get acclimated to the deep end going short distances with kicking on front and back; learn to jump in and roll over onto their back for recovery.

SKILL TAUGHT: Humming, submerging whole head; buoyancy; front & back glides assisted/unassisted; intro to rolling over; propulsion (kicking w/support and w/out support); jumping into the deep end unassisted. Students must be comfortable with submerging, excel on front and back skills, and be independent in skills before advancing to Youth 2.

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### Youth 1 – Skills to Pass

Name	Front float (unassisted)	Back float w/ recovery (unassisted)	Kicking on front (unassisted)	Kicking on back w/ recovery (unassisted)	Rollovers (one time) (unassisted)
<b>Breathing &amp; Timing</b>	Bubbles	Breathe before rolling for the recovery	Blowing bubbles	Breathe before rolling for the recovery	Bubbles when face is in water, take a breath when they roll over
<b>Head and Body Position</b>	Forehead pointed down to the floor; face in water; relaxed body flat on the water. Students should demonstrate their front float unassisted for 5 seconds	Head relaxed, chin up to the ceiling; belly and hips up; position at wall - belly on wall, ears back in water. As they leave the wall DO NOT allow them to push off w/ legs, this causes them to go underwater. Able to float independently for 5 seconds	Forehead pointed towards floor; This helps to leave their legs up at the surface	Head relaxed, chin up to the ceiling; belly and hips up; position at wall - belly on wall, ears back in water. As they leave the wall DO NOT allow them to push off w/ legs, this causes them to go underwater. Able to back glide unassisted.	When on front, forehead pointed down. When on back, chin pointed to the ceiling. Body lying in flat position at or near the surface; they need to do the roll over unassisted at least once to pass.
<b>Legs</b>	Long legs stretched out; hips should be flat on the surface of the water.	Long legs stretched out in front; push hips up	Legs kicking at or near the surface; should be mostly straight but a bent leg is OK	Legs should be kicking at or near the surface; bent leg is OK	Should be kicking the entire time; bent leg is OK; legs should be at or near the surface

<b>Arms</b>	Long arms either at the side or stretched out in front in streamline position.	Should be down by their legs/side	Stretched out in front in streamline position	Either stretched out in front in streamline position or down at the legs/side.	N/A; they can use arms to help them roll.
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## Youth 2

SKILLS TAUGHT: Main focus is breathing (front glide w/rolling over, intro to side breathing); intro to crawl; intro to back stroke; intro to elementary back stroke (arms only); changing direction; Intro to treading water, lifejacket intro, surface dives and deep-water intro; Students must excel on breathing/rolling over and comfort in deep water to advance to Youth 3

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## Youth 2 – Skills to Pass

Name	Rollovers	Crawl stroke	Backstroke	Intro to Elementary Backstroke
<b>Breathing &amp; Timing</b>	Bubbles when face is in water, take a breath when they roll over	Bubbles underwater, take a breath at each turn. Students may alternate breathing or breathe on the same side.	Exchanging air	Exchanging air; remind students that the feet follow the hands
<b>Head and Body Position</b>	When on front, forehead pointed down. When on back, chin pointed to the ceiling. Body lying in flat position at or near the surface	Forehead down; head lying flat on arm when side breathing; no rolling to the back	Hips up; head relaxed in water; chin up	Hips up; head relaxed; push hips up a bit as legs bend back
<b>Legs</b>	Legs provide supportive kick	Legs provide supportive kick, kicking with arms	Propulsive; kick at or near the surface; flex feet	Heels to their back; knees stay in middle - feet flex out
<b>Arms</b>	Arms remain in L position when taking a breath	Arms remain in L position when taking a breath; arms should come out of water; pull water towards hips	Touch leg, reach up for ceiling, brush ear; long arms; arms should be mostly straight.	Tickle, T, Push; hands extend out, not up (arms should not extend over the head).

### Youth 3

SKILLS TAUGHT: Crawl stroke with side breathing; back stroke; intro to dolphin & breaststroke kick; swimming underwater; pike and surface dives; standing dives from the side; intro to open turns and treading water. Students must excel in crawl with side breathing, backstroke (kick at/near surface) and elementary back to advance to Youth 4.

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### Youth 3 – Skills to Pass

Name	Crawl Stroke	Backstroke	Elementary Backstroke	Dolphin Kicks	Intro to Breaststroke
<b>Breathing &amp; Timing</b>	Bubbles underwater, take a breath at each turn; breath every 3rd stroke	Exchanging air	Exchanging air; remind students that the feet follow the hands; glide	Bubbles underwater, breath when lifting head	"Breath-kick-breath-kick"; remind students it is one breath per stroke
<b>Head and Body Position</b>	Forehead down; ear in water; no rolling onto back	Hips up; head relaxed in water, chin up	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops: chin tuck down to neck then scoop forward	Forehead is pointing up; body position is slightly angled down
<b>Legs</b>	Legs provide supportive kick; kick at the surface	Propulsive; kick at or near surface; flex feet	Heels to their back/bend at the knee; knees stay in the middle - feet flex out - long legs push together	Legs should be together; follow motion of head; bend at the knee OK	Knees bend to floor - (hips push down); Feet flex out - knees stay towards middle - feet grab water and legs push together straight
<b>Arms</b>	Arms remain in L position when taking a breath; arms should come out of water; pull water towards hips	Touch leg, reach up for ceiling, brush ear; long arms; arms should be straight; pull water towards hips	Tickle, T, Push; hands extend out, not up (arms should not extend over the head), strong push down to the legs	Arms in front in streamline position. Should follow motion of head	Arms in front in streamline position during kicks/glide. Arms can help with breathing

### Youth 4

SKILLS TAUGHT: Refining crawl stroke w/ side breathing; refining back stroke; refining elementary back stroke; breast stroke; butterfly; intro to sidestroke and flip turns. Students must excel in all strokes and tread water for 30 seconds to advance to Youth 5.

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### Youth 4 – Skills to Pass

Name	Crawl Stroke	Backstroke	Elementary Backstroke	Butterfly	Breaststroke
<b>Breathing &amp; Timing</b>	Bubbles underwater, take a breath at each turn; Breath every 3rd stroke	Exchanging air	Exchanging air; remind students that the feet follow the hands; glide	Bubbles underwater, breathe by lifting head up and in coordination with arms, two kicks per each arm/breath	1 breath per stroke; pull and breath - kick and glide; arms and kicks should be separate.
<b>Head and Body Position</b>	Forehead down; ear in water; no rolling onto back	Hips up; head relaxed in water, chin up	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops: chin tuck down to neck then scoop forward	Forehead is pointing up; body position is slightly angled down
<b>Legs</b>	Legs provide supportive kick; kick at the surface	Propulsive; kick at or near surface; flex feet	Heels to their back/bend at the knee; knees stay in the middle - feet flex out - long legs push together	Legs should be together; follow motion of head; slight bend at the knee OK	Knees bend to floor - hips push down; feet flex out - knees stay towards middle - feet grab water and legs push together straight
<b>Arms</b>	High elbows; roll shoulders when extending out arms; pull water towards hips	Touch leg, reach up for ceiling, brush ear; long arms; arms should be straight; pull water towards hips	Tickle, T, Push; hands extend out, not up (arms should not extend over the head), strong push down to the legs	Arm circles; pull down to legs during the power phase; arms in streamline position during kicks.	Hands draw a circle around the head to pull forward, arms in streamline position during kick and glide.

### Youth 5

SKILLS TAUGHT: Refining crawl stroke, back stroke, breaststroke; butterfly; side stroke, diving from block; flip turns. Must excel in all strokes to advance to Swim Team.

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## Youth 5 – Skills to Pass

Name	Crawl Stroke	Backstroke	Butterfly	Breaststroke	Sidestroke
<b>Breathing &amp; Timing</b>	Bubbles underwater, take a breath at each turn; Breath every 3rd stroke	Exchanging air	Bubbles underwater, breathe by lifting head up and in coordination with arms, two kicks per each arm/breath	1 breath per stroke; pull and breath - kick and glide; arms and kicks should be separate.	Air exchange; coordinate arms and legs; glide
<b>Head and Body Position</b>	Forehead down; ear in water; no rolling onto back	Hips up; head relaxed in water, chin up	Head scoops: chin tuck down to neck then scoop forward	Forehead is pointing up; body position is slightly angled down	Head positioned on shoulder sideways but remains out of water; body is on its side
<b>Legs</b>	Legs provide supportive kick; kick at the surface	Propulsive; kick at or near surface; flex feet	Legs should be together; follow motion of head; slight bend at the knee OK	Knees bend to floor - hips push down; feet flex out - knees stay towards middle - feet grab water and legs push together straight	Scissor kick - feet and knees flex; coordinate legs in scissor motion
<b>Arms</b>	High elbows; roll shoulders when extending out arms; pull water towards hips	Touch leg, reach up for ceiling, brush ear; long arms; arms should be straight; pull water towards hips	Arm circles; pull down to legs during the power phase; arms in streamline position during kicks.	Hands draw a circle around the head to pull forward, arms in streamline position during kick and glide.	Arms start in "L" position - arms coordinate with reaching out and pulling water

## Youth 6

SKILLS TAUGHT: Refining crawl stroke, back stroke, breaststroke; butterfly; side stroke, elementary backstroke, racing starts, flip turns. Must excel in all strokes to advance to Swim Team.

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## Youth 6 – Skills to Pass

<b>Name</b>	<b>Crawl Stroke</b>	<b>Backstroke</b>	<b>Elementary Backstroke</b>	<b>Butterfly</b>	<b>Breaststroke</b>	<b>Sidestroke</b>
<b>Breathing &amp; Timing</b>	Bubbles underwater, take a breath at each turn; Breath every 3rd stroke	Exchanging air	Exchanging air; remind students that the feet follow the hands; glide	Bubbles underwater, breathe by lifting head up and in coordination with arms, two kicks per each arm/breath	1 breath per stroke; pull and breath - kick and glide; arms and kicks should be separate.	Air exchange; coordinate arms and legs; emphasize the glide
<b>Head and Body Position</b>	Forehead down; ear in water; no rolling onto back	Hips up; head relaxed in water, chin up	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops; chin tuck down to neck then scoop forward	Forehead is pointing up; body position is slightly angled down	Head positioned on shoulder sideways but remains out of water; body is on its side
<b>Legs</b>	Legs provide supportive kick; kick at the surface	Propulsive; kick at or near surface; flex feet	Heels to their back/bend at the knee; knees stay in the middle - feet flex out - long legs push together	Legs should be together; follow motion of head; slight bend at the knee OK	Knees bend to floor - hips push down; feet flex out - knees stay towards middle - feet grab water and legs push together straight	Scissor kick - feet and knees flex; coordinate legs in scissor motion
<b>Arms</b>	High elbows; roll shoulders when extending out arms; pull water towards hips	Touch leg, reach up for ceiling, brush ear; long arms; arms should be straight; pull water towards hips	Tickle, T, Push; hands extend out, not up (arms should not extend over the head), strong push down to the legs	Arm circles; pull down to legs during the power phase; arms in streamline position during kicks.	Hands draw a circle around the head to pull forward; arms in streamline position during kick and glide.	Arms start in "L" position - arms coordinate with reaching out and pulling water

