



Contact Si View Pool staff with questions:
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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 Required to Pass

Component	Kicking on front	Back float	Kicking on back	Roll over recovery
Breathing & Timing	Blowing bubbles	They need to do a roll-over to front recovery unassisted	They need to do a rollover to front recovery unassisted	Bubbles when face is in water, take a breath when they roll over
Head & Body Position	Forehead should be pointed at floor; This helps to leave their legs up at the surface	Nose pointed up at ceiling, belly up and hips up; position them at the wall – belly on wall, ears back in the water. As they leave the wall, DO NOT allow them to push off with their legs, this causes them to go underwater. They should be able to float independently for 3 seconds	Nose pointed up at ceiling; belly up and hips up; position them at the wall – belly on wall, ears back in the water. As they leave the wall, DO NOT allow them to push off with their legs, this causes them to go underwater. They should be able to float independently for 3 seconds	When on front, forehead should be pointed down to the floor; When on back, nose should be pointed up at the ceiling. Body should be in a “flat position” at or near the surface; They need to do the roll at least once to pass to Youth 2
Legs	Legs should be kicking at or near the surface; should be mostly straight, but a bent leg is OK	Long legs stretched out in front; push hips up	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 surface
Arms	Stretched out in front	Should be down by their legs	Stretched out in front	N/A; they can use them to help spin them around

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 Required to Pass

Component	Tall arms w/ "L" breathing; slight roll to back is OK	Backstroke	Elementary backstroke; Skill is new	Intro to Kneeling Dives
Breathing and Timing	Bubbles underwater, take a breath at each turn	Exchanging air	Exchanging air; when putting arms and legs together, tell kids that the feet follow the hands	N/A
Head and body position	Forehead down; slight roll to back when breathing is OK	Hips up; head relaxed in water	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops; chin down to neck
Legs	Legs provide supportive kick	Propulsive; kick at or near surface; flex (flipper) feet	Heels to their back; knees stay in middle – feet flex out	Last to go in water
Arms	Arms remain in L position when taking a breath	Touch leg, reach up for ceiling, brush ear; long arms	Tickle, T, Push; hands do not go past shoulders	Arms go over ears, stack hands in front; hands remain in front; hands are the first to enter the water

- **Deep water skills:** Intro to kneeling dives; Jump in deep end, float on back for 3 seconds and return to wall unassisted

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 Required to Pass

Component	Crawl stroke	Backstroke	Elementary backstroke	Intro to Dolphin kick	Intro to Breaststroke kick and breathing
Breathing and Timing	Bubbles underwater, take a breath at each turn; Breath every 3 rd stroke	Exchanging air	Exchanging air; when putting arms and legs together, tell kids that the feet follow the hands	Bubbles underwater, breath when lifting head	“breath- kick-breath-kick”; remind students it is one breath per stroke
Head and body position	Forehead down; ear in water; no rolling onto back	Hips up; head relaxed in water	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops; chin down to neck, scoop forward	Forehead is pointing up; body position is slightly angled down
Legs	Legs provide supportive kick; kick at the surface	Propulsive; kick at or near surface; flex (flipper) feet	Heels to their back; knees stay in middle – feet flex out – long legs push together	Together; follow motion of head	Knees bend to floor – (hips push down); Feet flex out – knees stay towards middle – feet grab water and legs push together straight
Arms	Arms remain in L position when taking a breath; arms consistent with water exit; long arms	Touch leg, reach up for ceiling, brush ear; long arms	Tickle, T, Push; hands do not go past shoulders. Long arms out on the T, strong push down to the legs	Both hands start out in front, pull down to legs; time arms with head scoops	N/A

- **Deep water skills:** Intro to treading water; 30 seconds by the end of class; Kneeling dives; Surface dives

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 Required to Pass

Name	Crawl stroke	Backstroke	Elementary backstroke	Butterfly	Breaststroke
Breathing and Timing	Bubbles underwater, take a breath at each turn; Breath every 3 rd stroke	Exchanging air	Exchanging air; when putting arms and legs together, tell kids that the feet follow the hands	Bubbles underwater, breath when lifting head	1 breath per stroke; pull and breath – kick and glide; the glide is the most often forgotten
Head and body position	Forehead down; ear in water; no rolling onto back *Flip turns are introduced at this level	Hips up; head relaxed in water	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops; chin down to neck, scoop forward	Forehead is pointing up; body position is slightly angled down
Legs	Legs provide supportive kick; kick at the surface	Propulsive; kick at surface; flex (flipper) feet	Heels to their back; knees stay in middle – feet flex out – long legs push together	Together; follow motion of head	Knees bend to floor – (hips push down); Feet flex out – knees stay towards middle – feet grab water and legs push together straight
Arms	Arms remain in L position when taking breath; high elbow recovery; shoulder roll	Touch leg, reach up for ceiling, brush ear; long arms; Shoulder roll	Tickle, T, Push; hands do not go past shoulders. Long arms out on the T, strong push down to the legs	Arm circles; pull down to legs – reach out to the front; coordinate arm movement with the head scoops	Hands draw a circle around the head; scoop bowl of ice cream – hands go together and reach forward

- **Deep water skills:** Tread water, 45 seconds; standing dives

Youth 5

SKILLS TAUGHT: Refining crawl stroke, back stroke, breast stroke; 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 Required to Pass

Component	Crawl stroke	Backstroke	Elementary backstroke	Butterfly	Breaststroke
Breathing and Timing	Bubbles underwater, take a breath at each turn; Breath every 3 rd stroke	Exchanging air	Exchanging air; when putting arms and legs together, tell kids that the feet follow the hands	Bubbles underwater, breath when lifting head	1 breath per stroke; pull and breath – kick and glide; the glide is the most often forgotten
Head and body position	Forehead down; ear in water; no rolling onto back; body roll – shoulders to torso	Hips up; head relaxed in water; body roll – shoulders to torso	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops; chin down to neck, scoop forward	Forehead is pointing up; body position is slightly angled down
Legs	Legs provide supportive kick; kick at the surface	Propulsive; kick at surface; flex (flipper) feet	Heels to their back; knees stay in middle – feet flex out – long legs push together	Together; follow motion of head	Knees bend to floor – (hips push down); Feet flex out – knees stay towards middle – feet grab water and legs push together straight
Arms	Arms remain in L position when taking breath; high elbow recovery; shoulder roll	Touch leg, reach up for ceiling, brush ear; long arms; Shoulder roll	Tickle, T, Push; hands do not go past shoulders. Long arms out on the T, strong push down to the legs	Arm circles; pull down to legs – reach out to the front; coordinate arm movement with the head	Hands draw a circle around the head; scoop bowl of ice cream – hands go together and reach forward

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Sidestroke – Youth 5

Breathing and Timing	Exchange air; Body starts extended; tuck arms & legs to middle – legs scissor out and hands move into position to push back – long legs push back together & arms push back to starting position
Head and body position	Laying on side
Legs	Tuck knees toward chest, scissor legs (they look like scissors) – top leg in front, bottom leg to the back – long legs push back together
Arms	Top arm extended out in front of body, bottom arm extended by legs; top arm pulls down to middle & lower arm meets top arm – arms go in position to push back – top arm slices through water (minimal resistance) and bottom arm pushes water back down to the legs “Pick an apple, put it in the basket”

- Other skills: Flip turns
- Deep water skills: Racing starts; treading water with sculling