



# 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