



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dear Swim Lesson Parent,

YMCA of the USA has gone through a year-long process of updating the YMCA Swim Lessons program. Several pilot YMCAs have used the new curriculum, provided feedback and a final version has been released for implementation at all YMCAs across the country.

The YMCA of Greater Oklahoma City has used the last several months to prepare for this implementation which will occur with the start of the April Swim Lessons session. Improvements include all instructors being certified in the new curriculum, a simplification of class names and emphasis on drowning prevention.

How this affects you:

- Class stage names change with April enrollment (during the month of March)
 - **Skills needed to advance to the next level are shown on the back of this letter**
- Preschool lessons (ages 3-5) will remain 30 minutes long and Youth lessons (ages 6-12) will become 40 minute classes
- At stages 1, 2 & 3 instructors will focus on foundational skills for water safety/drowning prevention
- At stages 4, 5 & 6 instructors will transition to focusing on arm strokes and additional water safety
- Goggles will only be allowed starting in level 4

Our Aquatics Directors, Coordinators and Swim Instructors have worked hard over the last several months to ensure this transition goes smoothly. We feel strongly that both kids and adults alike will see better long-term progression with their swimming because of this program.

Please don't hesitate to reach out to your Aquatics Director in advance of our next lessons session if you have questions or concerns about this transition.