



# The YMCA of the Triangle Area

congratulates

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for participating in the  
**Youth Swim Lesson Division**  
at the  
**Cary Family YMCA**

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Date



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Instructor Signature

# Cary Family YMCA Youth Swim Lesson Division

<h2>Polliwog</h2>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Listens well to directions and follows program rules.</li> <li><input type="checkbox"/> Can let go of the wall and swim 5 yards comfortably without floatation.</li> <li><input type="checkbox"/> Can jump off a diving block without floatation.</li> <li><input type="checkbox"/> Can jump into 5 feet of water, push off bottom and resurface.</li> <li><input type="checkbox"/> Can comfortably float on back for 5 seconds without floatation.</li> <li><input type="checkbox"/> Can comfortably float on front long enough to remain still with head down.</li> <li><input type="checkbox"/> Can swim 25 yards on front with floatation and consistent rhythmic breathing (Freestyle/Paddle Arms).</li> <li><input type="checkbox"/> Can swim 12.5 yards freestyle with straight leg flutter kicks without floatation.</li> <li><input type="checkbox"/> Can swim 25 yards on back with floatation (Elementary Backstroke Arms).</li> <li><input type="checkbox"/> Can swim 12.5 yards on back (Elementary Backstroke Arms) without floatation.</li> <li><input type="checkbox"/> Can swim 25 yards on back with floatation and straight leg kicks (Backstroke Arms).</li> <li><input type="checkbox"/> Can calmly tread water/remain vertical and stationary in deep water with floatation.</li> <li><input type="checkbox"/> Can comfortably wear a life vest and move independently in the water.</li> </ul>
<h2>Guppy</h2>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Can do 10 bobs, taking a breath each time, without holding the nose or wiping the eyes (without goggles).</li> <li><input type="checkbox"/> Can jump off a diving block, swim to the first set of flags, and return to the side without floatation.</li> <li><input type="checkbox"/> Can do a kneeling dive into 9 feet of water.</li> <li><input type="checkbox"/> Can comfortably float on back for 10 seconds without floatation.</li> <li><input type="checkbox"/> Can float on front in streamline and propel self with straight leg kick.</li> <li><input type="checkbox"/> Can swim freestyle with correct rotary breathing for 25 yards with floatation.</li> <li><input type="checkbox"/> Can swim freestyle with correct rotary breathing for 12.5 yards without floatation.</li> <li><input type="checkbox"/> Can swim backstroke with straight arms and legs for 25 yards with floatation.</li> <li><input type="checkbox"/> Can swim backstroke with straight arms and legs for 12.5 yards without floatation.</li> <li><input type="checkbox"/> Can swim breaststroke for 25 yards attempting a legal kick with floatation.</li> <li><input type="checkbox"/> Can swim breaststroke for 12.5 yards attempting a legal kick without floatation.</li> <li><input type="checkbox"/> Can swim sidestroke for 12.5 yards without floatation.</li> <li><input type="checkbox"/> Understands the rules and mechanics of using fins.</li> <li><input type="checkbox"/> Understands the mechanics of dolphin kick with the use of fins.</li> <li><input type="checkbox"/> Can calmly tread water for 15 seconds without floatation.</li> <li><input type="checkbox"/> Can swim with a life vest on for 25 yards on front AND back.</li> </ul>
<h2>Minnow</h2>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Can jump into the deep end, swim freestyle halfway, float on back for 10 seconds, and return to side with backstroke/elementary backstroke.</li> <li><input type="checkbox"/> Can do a progression of dives including a racing dive into 9 feet of water.</li> <li><input type="checkbox"/> Can float on back for 15 seconds, switch to front float with head towards bottom for 5 seconds, and return to back float position for 5 seconds.</li> <li><input type="checkbox"/> Can properly push off a wall in streamline position on front and back.</li> <li><input type="checkbox"/> Can swim freestyle with correct rotary breathing and straight leg kick for 25 yards.</li> <li><input type="checkbox"/> Can swim backstroke with a straight leg flutter kick and straight arms for 25 yards.</li> <li><input type="checkbox"/> Can swim elementary backstroke with gliding for 25 yards.</li> <li><input type="checkbox"/> Can swim breaststroke with a legal kick and glide for 25 yards.</li> <li><input type="checkbox"/> Can swim sidestroke with a scissor kick for 25 yards.</li> <li><input type="checkbox"/> Understands the mechanics of butterfly and can demonstrate the proper use of fins to perform 25 yards of butterfly.</li> <li><input type="checkbox"/> Can perform an endurance swim: front dive, 25 freestyle, 25 elementary backstroke, float 15 seconds, 25 breaststroke, tread water for 15 seconds.</li> <li><input type="checkbox"/> Can calmly tread water remaining stationary in deep water for 30 seconds.</li> <li><input type="checkbox"/> Can swim with a life vest on for 50 yards (paddling on front or kicking on back).</li> </ul>
<h2>Fish</h2>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Can do a head-first or feet-first surface dive in deep water.</li> <li><input type="checkbox"/> Can do a head-first dive off starting block into 9 feet of water and understands the mechanics of a swinging arm relay start.</li> <li><input type="checkbox"/> Can swim freestyle with bilateral breathing and straight leg kick for 50 yards.</li> <li><input type="checkbox"/> Can swim backstroke with straight arms and straight leg kick for 50 yards.</li> <li><input type="checkbox"/> Can swim elementary backstroke with gliding for 50 yards.</li> <li><input type="checkbox"/> Can swim breaststroke with legal form and gliding for 50 yards.</li> <li><input type="checkbox"/> Can swim sidestroke with a correct scissor kick for 50 yards.</li> <li><input type="checkbox"/> Can swim butterfly with proper arm and leg timing for 25 yards.</li> <li><input type="checkbox"/> Can swim a legal 100 IM in the correct order.</li> <li><input type="checkbox"/> Can properly demonstrate a freestyle flip turn.</li> <li><input type="checkbox"/> Can calmly tread water for 1 minute with hands entering and exiting the water.</li> <li><input type="checkbox"/> Can swim with a life vest and light clothes on for 50 yards (paddling on front or kicking on back).</li> </ul>
<h2>Flying Fish</h2>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Can do a head-first dive into 9 feet of water and perform racing and relay starts off a starting block.</li> <li><input type="checkbox"/> Can swim freestyle with bilateral breathing and straight leg kick for 100 yards.</li> <li><input type="checkbox"/> Can swim backstroke with straight arms and straight leg kick for 100 yards.</li> <li><input type="checkbox"/> Can swim elementary backstroke with gliding for 100 yards.</li> <li><input type="checkbox"/> Can swim breaststroke with legal form and gliding for 100 yards.</li> <li><input type="checkbox"/> Can swim sidestroke with a correct scissor kick for 100 yards.</li> <li><input type="checkbox"/> Can swim butterfly for 50 yards with proper arm and leg timing.</li> <li><input type="checkbox"/> Can swim a legal 100 IM in the correct order for speed.</li> <li><input type="checkbox"/> Can demonstrate a correct freestyle and backstroke flip turn.</li> <li><input type="checkbox"/> Can demonstrate a correct open turn for breaststroke and butterfly.</li> <li><input type="checkbox"/> Can calmly tread water without using hands for 30 seconds or legs for 30 seconds.</li> <li><input type="checkbox"/> Can swim with a life vest and light clothes on for 100 yards and can recite a safe response to a boating emergency.</li> </ul>