

# Yeti Swim School (Ages 3-13)

## What We Teach

Our Swim School covers all aspects of swimming, from basic water introduction to advanced techniques, preparing children for competitive swimming and a healthy lifestyle. Our lessons emphasize:

- 🎬 **Safety:** Creating a secure environment where children feel protected.
- 🎬 **Fun:** Ensuring every lesson is enjoyable and exciting.
- 🎬 **Learning:** Building skills progressively to foster confidence and competence.
- 🎬 **Preteam Skills:** Optimized programming for success in competitive swimming.

## Recognizing Achievements

To celebrate the accomplishments of our swimmers, each participant is awarded a specially colored swim cap corresponding to their level of proficiency. These awards symbolize the swimmer's dedication and progress, inspiring them to continue their aquatic journey with confidence and determination.

## Key Focus of Every Lesson

Safety, Fun, and Learning. If they feel safe, they will have fun, and if they are having fun, they will learn.

## Lesson Structure

### 1. Warm-Ups:

- 🎬 Begin with 10 minutes of dryland activities, followed by 5-7 minutes of water warm up.
- 🎬 Identify and correct common errors observed during warm-up.
- 🎬 Focus warm-ups on kicking and Yeti Streamline hops, accounting for 60% of activity.

### 2. First Teaching Block:

- 🎬 Dedicate 15 minutes to actively complimenting good technique and correcting common errors identified during warm-up.
- 🎬 Keep group discussions concise, aiming for under 15 seconds.

### 3. Second Teaching Block:

🎬 Spend 15 minutes teaching and developing specific skills from level requirements.

### 4. Fun Time:

- 🎬 Conclude with a fun activity to leave athletes with a smile, lasting 5 minutes.

## Placement and Group Movement

**Placement:** After signing up, skills will be assessed on the first day of Swim School to optimally place children in the appropriate level.

**Group Movement:** Swimmers will move up in Groups to keep friends together and embrace preteam culture.

## **Yeti Swim Secrets**

### **1. Float First**

- Master the art of floating on front, back, and all sides. Learn to balance with arms out and at sides, understanding the importance of body position and control.

### **2. Kick Second**

- Develop powerful, rhythmic kicks to propel forward.

### **3. Swim Third**

- Combine strokes with kicks for efficient movement.

### **4. Breathe Easy**

- Coordinate your breathing to maintain rhythm and endurance.

## **Levels and Skills**

### **Yeti Pups: Introduction to Water Skills Covered:**

- Floating in all positions
- Bubble Blowing
- Rolling from front to back and back to front
- Yeti Streamline (Our Specialty)
- Swimming underwater and returning to the surface
- Dolphin with arms at side
- Freestyle Flutter Kick with arms at side
- Treading water
- Introduction to water safety rules and recognizing hazards, i.e. Pool depth, get help! ■ Diving underwater to retrieve submerged objects

**Cap Color:** Neon Pink

### **Yeti Cub: Basic Skills Skills Covered:**

- Yeti Streamline jumps off the bottom
- T-Start
- Freestyle with side breathing
- Backstroke Flutter Kick
- Backstroke

- 🎬 Breaststroke kick
- 🎬 Treading water
- 🎬 Introduction to elementary backstroke
- 🎬 Bubble Blowing
- 🎬 Breath Holds up to 5 seconds.
- 🎬 Activating lesson site E.M.S.

**Cap Color:** Orange

### **Yeti Junior: Stroke Development Skills Covered:**

- 🎬 T-start with Yeti Streamline off of the wall
- 🎬 Dive Progression
- 🎬 Breaststroke
- 🎬 Bilateral side breathing on freestyle
- 🎬 Open turns
- 🎬 Complete 12.5 yards of Freestyle, Backstroke, and Breaststroke
- 🎬 Introduction to butterfly kick
- 🎬 Breath Holds up to 10 seconds
- 🎬 Advanced lesson site E.M.S. - Guide Paramedic to the site

**Cap Color:** Green

### **Yeti Explorer: Advanced Stroke Technique Skills Covered:**

- 🎬 Complete 10 yards of underwater Dolphins
- 🎬 Butterfly
- 🎬 Breaststroke pull-downs
- 🎬 Flip turns
- 🎬 Understanding breakout methodology
- 🎬 Complete 25 yards of each stroke
- 🎬 Introduction to individual medley (IM)
- 🎬 Breath Holds up to 20 seconds
- 🎬 Throw Assist water save
- 🎬 **Core and Glute Engagement:** Emphasize the importance of core and glute engagement during dolphin (body action) movements.
- 🎬 **Yeti Streamline Drills:** Regular practice of Yeti Streamline to maintain a tight and efficient position underwater.
- 🎬 **Dolphin Body Action Drills:** Practice small, controlled dolphin movements with focus on smooth undulation starting from the core.

**Cap Color:** Blue

### **Yeti Prodigy: Mastery and Efficiency Skills Covered:**

- 🎬 Legally complete 50 yards of each stroke with breakouts and turns
- 🎬 Backstroke flip turns
- 🎬 200 yards continuous of any stroke
- 🎬 Block start and backstroke starts
- 🎬 Introduction to water fitness and endurance
- 🎬 Breath Holds up to 30 seconds
- 🎬 CPR Introduction
- 🎬 **Underwater Dolphin Progressions:** Gradually increase the distance of underwater dolphin practice to up to 15 meters.
- 🎬 **Breath Control:** Incorporate breath-hold drills to build comfort and capacity for extended underwater swimming.
- 🎬 **Kickboard Drills:** Use kickboards to practice dolphins and build strength and endurance in the legs.
- 🎬 **Race Distance Emphasis:** Include race-distance simulations to help swimmers become comfortable with the technique over competitive distances.
- 🎬 **Vertical Kicking:** Practice vertical kicking to enhance leg strength and

control. **Cap Color:** Violet

By following this comprehensive program, we ensure that each swimmer progresses with confidence, competence, and a love for the water.