



Teaching Swimming Fundamentals (YMCA Swim Lessons)

By YMCA of the USA

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This manual provides swimming instructors the basics for teaching student-centred, character development-oriented aquatics classes at any age level. As the initial course text for all YMCA swimming instructors, it covers how as well as what to teach. The text outlines the responsibilities of instructors, and provides the basic knowledge needed to teach aquatics. It helps instructors understand how children learn, then gives step-by-step instructions to help put this knowledge to use. Analyses, illustrations and stroke observation sheets for each basic is provided. Readers will learn the normal progression of movement for children in learning strokes as they grow up. The book also covers 11 basic principles that apply to stroke development and gives sample lessons that explain these principles to students.

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