



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dear Parents/Guardians,

Thank you for enrolling your child/children in the Bangor Region YMCA Swim Lessons. **Your child is in for a fun, safe and positive experience!**

The Bangor Region YMCA's goal is to increase Safety Around the Water. Because Maine has abundant locations for recreation around water, it is extremely important that children and adults know how to swim and enjoy water safely. Our YMCA is dedicated to this goal by providing a program for all ages and ability levels.

Our swim lessons program meets national YMCA standards. We focus on integrating water safety benchmark skills such as "Swim, Float, Swim" and "Jump, Push, Turn, and Grab" at a beginner level to help children learn what to do in an emergency. At an advanced level, we will prepare them for competitive swimming and lifeguarding. **At the Y, we celebrate your child's achievements, give them a sense of belonging, and build positive relationships.** To foster this, our program will teach the whole child by integrating character and safety lessons into each session. Lastly, **we want to increase our communication with you.** Therefore, you will receive mid-session and end-of-session progress reports from your child's instructor.

If there are any limitations or special needs your child may have that could impact their health, safety or ability to understand and follow directions or perform various skills, please let us know before the session begins so we can make the needed accommodations. All of our Certified Swim Instructors are equipped with the teaching techniques to best reach students with diverse abilities.

We know that many parents/guardians (old and new) have many questions. For that reason, we are providing this handbook full of information that you will need to know for a successful lesson experience. **Inside is information regarding locker room usage, policies, and other guidelines. Please take the time to read and review this handbook.**

Feel free to contact us with any additional questions or concerns that you may have by emailing Shawn Rich at srich@bangorY.org or Tammy Hodgdon at thodgdon@bangorY.org

Thank you for choosing our Y to teach your child/children this important life skill.

Sincerely,

Bangor Region YMCA Aquatics
207-941-2808 ext. 332

YMCA STAGES OF SWIMMING HANDBOOK



Handbook Of Swimming

M Planty



Handbook Of Swimming:

The Handbook of Swimming Kelvin JUBA,1990 The Handbook of Swimming David Wilkie,Kelvin Juba,1986 *The Handbook of Sports Medicine and Science* Joel M. Stager,David A. Tanner,2008-04-30 The long awaited new edition of Swimming updates the highly successful first edition edited by Costill Maglishco and Richardson which was published in the early 1990s The Second Edition contains less material on how to swim and more on the physics of swimming It contains information on the latest methods of analyzing swim performances It presents current sports science knowledge specifically relevant to coaching swimmers at club county or national level Covering characteristics of swimming including important concepts in propulsion functional anatomy physiology biochemistry biomechanics and psychology The Handbooks of Sports Medicine and Science present basic clinical and scientific information in a clear style and format as related to specific sports events drawn from the Olympic Summer and Winter Games Each Handbook is written by a small team of authorities coordinated by an editor who has international respect and visibility in the particular sport activity Their charge is to present material for medical doctors who work with athletes team coaches who have academic preparation in basic science physical therapists and other allied health personnel and knowledgeable athletes Each volume represents up to date information on the basic biology of the sport conditioning techniques nutrition and the medical aspects of injury prevention treatment and rehabilitation Routledge's Handbook of Swimming Routledge, George and Sons,1872 *A handbook of swimming and skating*, by George Forrest John George Wood,1858 *The Handbook of Swimming and Water Sports* Joseph Edmundson,1965 **Open Water Swimming Manual** Lynne Cox,2013-07-30 Lynne Cox has set open water swimming records across the world and now she has focused her decades long experience and expertise into this definitive guide to swimming Open Water Swimming Manual provides a wealth of knowledge for all swimmers from seasoned triathletes and expert swimmers to beginners exploring open water swimming for the first time Cox methodically addresses what is needed to succeed at and enjoy open water swimming including choosing the right bathing suit and sunscreen surviving in dangerous weather conditions currents and waves confronting various marine organisms treating ailments such as being stung or bitten and much more Cox calls upon Navy SEAL training materials and instructors knowledge of open water swimming and safety procedures to guide her research In addition first hand anecdotes from SEAL specialists and stories of Cox s own experiences serve as both warnings and proper practices to adopt Open Water Swimming Manual is the first manual of its kind to make use of oceanography marine biology and to weave in stories about the successes and failures of other athletes giving us a deeper broader understanding of this exhilarating and fast growing sport Handbook of Sports Medicine and Science, Swimming Joel M. Stager,David A. Tanner,2004-12-10 The long awaited new edition of Swimming updates the highly successful first edition edited by Costill Maglishco and Richardson which was published in the early 1990s The Second Edition contains less material on how to swim and more on the physics of swimming It contains information on

the latest methods of analyzing swim performances It presents current sports science knowledge specifically relevant to coaching swimmers at club county or national level Covering characteristics of swimming including important concepts in propulsion functional anatomy physiology biochemistry biomechanics and psychology The Handbooks of Sports Medicine and Science present basic clinical and scientific information in a clear style and format as related to specific sports events drawn from the Olympic Summer and Winter Games Each Handbook is written by a small team of authorities co ordinated by an editor who has international respect and visibility in the particular sport activity Their charge is to present material for medical doctors who work with athletes team coaches who have academic preparation in basic science physical therapists and other allied health personnel and knowledgeable athletes Each volume represents up to date information on the basic biology of the sport conditioning techniques nutrition and the medical aspects of injury prevention treatment and rehabilitation *Handbook of swimming ...* Routledge, **Teach'n Beginning Competitive Swimming Free Flow**

Handbook, Edition 2 Bob Swope,2013-07 This is a practical Handbook for beginning youth swimming coaches and parents It has 321 individual pictures and 6 illustration variations to look at All the skill activities and drills are numbered for easy reference between coaches and parents Complete with diagram illustration and explanation for each one It covers all the fundamentals you will need to get started in beginning youth swimming It has many drills and skill activities to get your swimmer started in all four strokes free style back breast and butterfly *The Complete Guide to Simple Swimming* Mark Young,2010-11 From terrified to terrific Simple Swimming is the book to help boost swimming ability For the complete beginner this book helps the terrified to understand and appreciate the water and for the established swimmer to adjust and correct the four basic swimming strokes The 82 fully illustrated exercises contained in this book can help any beginner to learn and practice and any swimmer to eliminate bad habits and fine tune their swimming Mark Young is a well established swimming instructor with over twenty years experience of teaching thousands of adults and children to swim He has taken nervous frightened children and adults with a fear of water and made them happy and confident swimmers He has also turned many of average ability into advanced swimmers This book draws on his experiences and countless successes to put together this simplistic methodical approach to swimming **Popular Handbook of Swimming** T. I. Thompson,1945

The Complete Beginners Guide To Swimming Mark Young,2016-05-20 As a beginner learning how to swim you face many often scary unknowns From first entering the water to lifting your feet up off the bottom submerging your face and learning to breathe From conquering your fears right through to learning what each part of your body should be doing when swimming the four basic strokes The Complete Beginners Guide To Swimming contains everything you could possibly need Contents The Benefits of Swimming Fear of Swimming Swimming Science Buoyancy Aids Entering The Pool Learning To Go Underwater Standing Up Mid Swim How To Float How To Relax In The Water How To Glide Through The Water How And When To Breathe Basic Floating Exercises Front Crawl Backstroke Breaststroke Butterfly Inside you will find real questions

from real beginners learning how to swim Questions like why do my legs sink why do I get water up my nose and why do I get so tired Each one with a detailed and personal answer from the author **Official swimming guide** ,1922 *Official Swimming Guide* F. W. Luehring,1920 **Handbook on Physical Fitness for Students in Colleges and Universities** United States. Office of Education. Committee on Wartime Physical Fitness for Colleges and Universities,1943 **Clay's Handbook of Environmental Health** Stephen Battersby,W.H. Bassett,2004-05-27 This classic definitive reference work for all those involved in environmental health is now available in its 19th edition Significant changes include those made to chapters on food safety and hygiene environmental protection the organisation and management of environmental health in the UK port health and waste management New chapters have been added on health development an introduction to health and housing contaminated land and environmental health in emergency planning as well as a new glossary of abbreviations and acronyms New material on training and standards IT practical risk assessment and investigatory powers is also included Each chapter reflects the wider background against which the subjects must be studied and the new concepts and approaches that have emerged over the past few years **Intercollegiate Swimming Guide** ,1916 **Handbook** Amateur Swimming Association (Great Britain),1968 [Handbook of Summer Athletic Sports](#) Various,Fred Whittaker,2014-11-17 Example in this ebook PEDESTRIANISM A wonderful increase of popularity has lately attended the art of walking The steady improvement made in speed and endurance by professional and amateur walkers and the introduction of international contests have brought this about within a few years When the firm of Beadle and Adams published their first Dime book of Pedestrianism the only American walker of reputation was Edward Payson Weston The record of professionals and amateurs had then developed nothing greater than the performances of Captain Barclay of England who first did a thousand miles in a thousand hours Weston s famous walk from Portland to Chicago caused the only ripple of excitement in the sporting world on the subject of walking from the time of Barclay up to 1870 Since that period things have changed greatly Weston s achievements have inspired others and those others have not only equaled but excelled Weston on many occasions The names of O Leary Rowell Corkey and Blower Brown all men born in the British Islands have been recorded above those of Weston at different times but it remains to the glory of the American pedestrian that in 1879 he beat them all All these changes and ups and downs in pedestrianism for the last ten years have made the old books obsolete and the publishers of the former Dime Book of Pedestrianism have determined to issue a new edition fully up to the times in all respects Besides practical instructions in walking founded on the different styles of noted professionals we shall annex much matter never before put in a handbook concerning the preparation of tracks measurements timing and scoring for the information of that large class of people living in country towns and villages who have plenty of walkers but no experience in the conduct of matches and no opportunity to see how things are done in first class matches Every one can walk but not every one can become a great walker Any young man of good health and strength can learn to walk five miles in an hour but

the number of men who can walk twenty five miles in five hours is very small and will always remain so If we take the population of any town or village we shall find that out of every hundred young men from eighteen to twenty five years of age there are about sixty more or less given to athletic sports twenty who are very enthusiastic about them and six or eight who would make good walkers runners and general athletes Of this six or eight there is generally one who is better than his fellows and he becomes the village champion in one sport or another This is about the true proportion one per cent of the young male community that is capable of being taken at random and converted into good professional walkers A general system of early physical training would soon increase this proportion but as we are never likely to see any such system adopted we must be content with what we can get Out of those capable of becoming great walkers and striving to become so the proportion of second rate men is quite large To be continue in this ebook

Decoding **Handbook Of Swimming**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Handbook Of Swimming**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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