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.

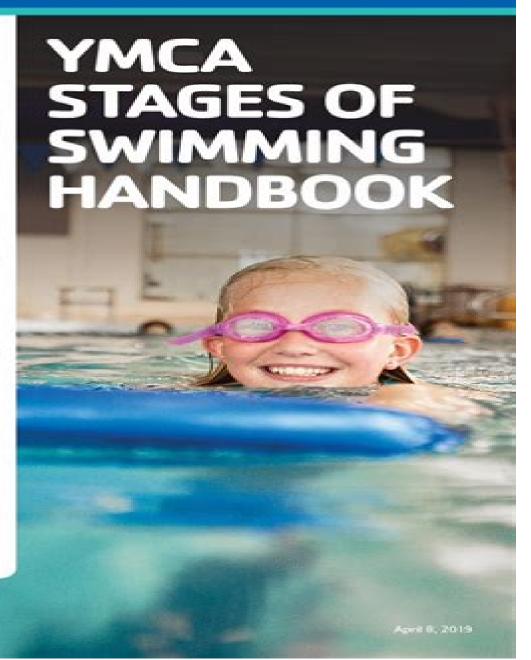
We know that many parents/guardians (old and new) have many questions. For that reason, we are providing this handbook full of information that you will need to know for a successful lesson experience. Inside is information regarding locker room usage, policies, and other guidelines. Please take the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



Handbook Of Swimming

Stephen Battersby, W.H. Bassett

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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 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 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 **Open Water Swimming Manual** Lynne Cox, 2013-07-30 Lynne Cox has set open water swimming Edmundson, 1965 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 Popular Handbook of Swimming T. I. Thompson, 1945 together this simplistic methodical approach to swimming

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

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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

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