



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LEVELS

SWIM STARTERS PARENT & CHILD

Infant & Toddler
6 mos. - 3 yrs

A

A / WATER DISCOVERY In Water Discovery, infants and toddlers are introduced to the aquatics environment. Accompanied by a parent or guardian, infants and toddlers learn to be comfortable in the water and develop skills through fun and confidence-building experiences, parents & guardians learn about water safety, drowning prevention, & the importance of supervision.

B

B / WATER EXPLORATION Water Exploration focuses on learning body positions, blowing bubbles & practicing fundamental safety & aquatic skills. In this stage, children are still accompanied by a parent or guardian.

SWIM BASICS

School Age 5 - 12 yrs

Preschool 3 - 5 yrs

1

1 / WATER ACCLIMATION In Water Acclimation, students are introduced to the pool and develop safe water habits in a fun and encouraging environment. Students become comfortable with underwater exploration and learn to safely exit a body of water in the event they fall in. This introductory stage builds the foundation for the child's future progress in swimming.

2

2 / WATER MOVEMENT In this stage, students focus on body position and control, forward movement, directional change and basic self-rescue skills. This stage also reinforces how to safely exit a body of water in the event of falling in.

3

3 / WATER STAMINA Water Stamina is the third stage of swim lessons and the final stage in the Swim Basics phase. In this stage, students learn basic stroke techniques, rotary breathing and integrated arm and leg action. In the event they fall into a body of water, children learn how to swim, move to safety and exit.

SWIM STROKES

4

4 / STROKE INTRODUCTION Stroke Introduction is the fourth stage of swim lessons and the first in the Swim Strokes category. Students develop the basic frontcrawl and backcrawl strokes and are introduced to components of the breaststroke and butterfly strokes. Students also build endurance and practice safety techniques for deep water.

5

5 / STROKE DEVELOPMENT Stroke Development is the fifth stage of swim lessons. Students continue to work on their stroke techniques and are introduced to all competitive strokes. Swimmers develop stamina in the basic frontcrawl and backcrawl strokes, learn the breast and butterfly strokes. Deep water safety and endurance are also reinforced.

6

6 / STROKE MECHANICS For kids able to swim the competitive strokes, Stroke Techniques offer an opportunity to further develop skills and form. Classes use drills to improve technique and also include instruction and practice on turns and streamlines.

YMCA SWIM LESSON PROGRAM

As the leading provider of aquatics in our community, the YMCA's swim lesson program focus is on keeping kids safe in and around water. Our swim lesson stages emphasize the true progression of swimming with a sense of achievement throughout the stages.

For more information see your Y branch aquatics staff or visit ymcainw.org.

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months – 3 years
PARENT* & CHILD:
STAGES A–B



3 years – 5 years
PRESCHOOL:
STAGES 1–4



6 years – 12 years
SCHOOL AGE:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	NOT YET	A / WATER DISCOVERY
Is the student comfortable working with an instructor without a parent in the water?	NOT YET	B / WATER EXPLORATION
Will the student go underwater voluntarily?	NOT YET	1 / WATER ACCLIMATION
Can the student do a front and back float on his or her own?	NOT YET	2 / WATER MOVEMENT
Can the student swim 10–15 yards on his or her front and back?	NOT YET	3 / WATER STAMINA
Can the student swim 15 yards of front and back crawl?	NOT YET	4 / STROKE INTRODUCTION
Can the student swim front crawl, back crawl, and breaststroke across the pool?	NOT YET	5 / STROKE DEVELOPMENT
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	NOT YET	6 / STROKE MECHANICS

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including guardians, stepparents, grandparents, or any other type of parenting relationship.