

# LESSON SELECTOR

## 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



5 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**

If you are still unsure about what lesson is right for your child, speak with our aquatic staff at any branch.

\*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 biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

# SWIM LEVELS

## SWIM STARTERS PARENT & CHILD 30 MINUTES

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 30 MINUTES

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 30 MINUTES FOR PRE-K / 30 MINUTES FOR SCHOOL AGE

**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.