



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



PARENT & CHILD

A: Water Discovery

Ages 6 mo. – 18 mo.

B: Water Exploration

Ages 18 mo. – 3 years



PRESCHOOL

Levels 1 – 3

Ages 3 – 5 years



SCHOOL AGE

Levels 1 – 6

Ages 5 – 12 years



TEEN

Levels 1 – 3

Ages 10 – 14 years

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

WHICH STAGE IS THE STUDENT READY FOR?

Is the child 1 ½ years old?

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 voluntarily put his or her face in the water?

NOT YET

1 / WATER
ACCLIMATION

Is the student comfortable moving from a front float using *basic freestyle* swimming skills to a back float / *backstroke*?

NOT YET

2 / WATER
MOVEMENT

Can the student swim a basic *freestyle* stroke including breathing to the side? Has the student learned *breaststroke*?

NOT YET

3 / WATER
STAMINA

Has the student learned Butterfly? Is the student ready for endurance (multiple lap) swimming?

NOT YET

4 / STROKE
INTRODUCTION

Has the student been taught all four strokes including *freestyle, backstroke, breaststroke and butterfly*?

YES!

5 / STROKE
DEVELOPMENT

Is the student ready to refine all four strokes, swim laps for exercise and fun or learn more about competitive swimming?

YES!

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



STAGE DESCRIPTIONS

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



A / WATER DISCOVERY

Ages 6 mo. – 18 mo.
Introduces infants and toddlers to the aquatics environment and encourages water enjoyment with a parent/caregiver.



B / WATER EXPLORATION

Ages 18 mo. – 3 years
Parents work with their child in the water to learn fundamental safety and aquatics skills such as floating, blowing bubbles & pre-swimming activities.

Combined A & B Classes
Ages 6 mo. – 3 years
This class provides an opportunity for siblings to join the class with an additional parent or caretaker. Class includes a gentle introduction to basic water skills through song & water play for the entire family!

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION

Goal: Water Comfort
Students learn to float and develop comfort with getting their faces wet, blowing bubbles and learning how to safely exit the pool. Designed for first time swimmers.



2 / WATER MOVEMENT

Goal: Coordination
Students focus on body position and control, directional change and forward movement in the water continuing to perfect water safety and survival skills through floating with forward movement.



3 / WATER STAMINA

Goal: Independent Swimming
Students learn how to swim safely using rhythmic breathing with integrated arm and leg action. Continue to perfect backstroke skills and introduce breaststroke basics.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



4 / STROKE INTRODUCTION

Goal: Stroke Technique Intro.
Students develop stroke technique in freestyle and backstroke, learn/refine breaststroke kick/stroke, elementary backstroke as well as introduce advanced stroke skills.



5 / STROKE DEVELOPMENT

Goal: Endurance
Students learn/refine breaststroke, dolphin kick/butterfly while developing endurance and refinement of freestyle and backstroke. *Ages 6-9 yrs.*



6 / STROKE MECHANICS

Goal: Refine Competitive Strokes
Students learn/refine butterfly while continuing to develop endurance and technique in breaststroke, backstroke and freestyle. Flip turns and diving are introduced. *Ages 10-14 yrs.*

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.