



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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



13+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones. We offer Adaptive Swim lessons to accommodate students with special needs.

WHICH STAGE IS THE STUDENT READY FOR?

If the answer is YES please proceed to the next question.

Can the student respond to verbal cues and jump on land?

NOT YET

STAGE A

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

STAGE B

Will the student go underwater voluntarily?

NOT YET

STAGE 1

Can the student do a front and back float on his or her own?

NOT YET

STAGE 2

Can the student swim 10–15 yards on his or her stomach and back?

NOT YET

STAGE 3

Can the student swim 15 yards of front and back crawl and tread water for 1 minute?

NOT YET

STAGE 4

Can the student swim 25 yards of front crawl and back crawl, and 15 yards of breaststroke and butterfly?

NOT YET

STAGE 5

Can the student swim 50 yards of all competitive swim strokes: front crawl, back crawl, breast stroke and butterfly?

NOT YET

STAGE 6

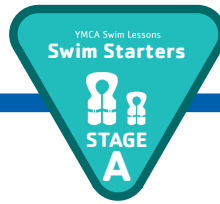
*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



STAGE DESCRIPTIONS

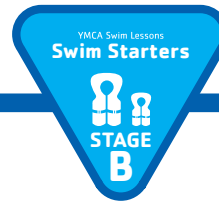
SWIM STARTERS

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.



STAGE A

Parents accompany children in stage A, which introduces infants and toddlers to the swimming environment through exploration and encourages them to enjoy themselves while learning about the water.



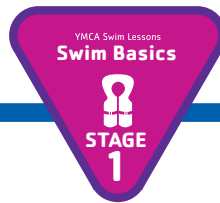
STAGE B

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and swimming skills.

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



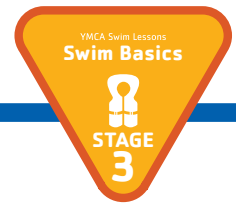
STAGE 1

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



STAGE 2

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



STAGE 3

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

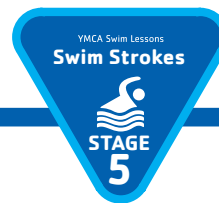
SWIM STROKES

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.



STAGE 4

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



STAGE 5

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



STAGE 6

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Our Sales and Service staff is available to answer any questions about the swim lessons program.