



# LESSON SELECTOR



Thank you for visiting the Y — we’re excited to make a splash with you! Before we begin, all children are required to take a free swim test to ensure their safety while at our pool. If you decide to visit another YMCA pool, your child will be required to take the test again since pool depths vary by location. Thank you for understanding that this is for your child’s safety.

## 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



12+ years  
**TEEN & ADULT:**  
STAGES 1–6

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

## EVALUATING YOUR CHILD’S SWIM LEVEL:

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

YES

NOT YET

**A / WATER DISCOVERY**

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

YES

NOT YET

**B / WATER EXPLORATION**

Will the student go underwater voluntarily?

YES

NOT YET

**1/ WATER ACCLIMATION**

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

YES

NOT YET

**2 / WATER MOVEMENT**

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

YES

NOT YET

**3 / WATER STAMINA**

Can the student swim 15 yards of front and back crawl?

YES

NOT YET

**4 / STROKE INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

YES

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



# STAGE DESCRIPTIONS

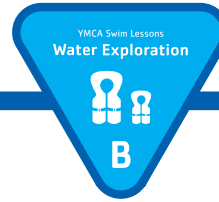
## SWIM STARTERS

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

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



### B / WATER EXPLORATION

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



### 1 / WATER ACCLIMATION

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.



### 2 / WATER MOVEMENT

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.



### 3 / WATER STAMINA

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.



### 4 / STROKE INTRODUCTION

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.



### 5 / STROKE DEVELOPMENT

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.



### 6 / STROKE MECHANICS

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 Aquatics Staff is available to answer any questions about swim lessons, or visit our website at [FCYMCA.org](http://FCYMCA.org).