



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



12+ years  
**TEEN & ADULT:**  
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 biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

# YOUTH SWIM LESSONS

## INTRODUCING THE YMCA'S NEW GROUP SWIM LESSON CURRICULUM!

We use a student-centered learning style to keep children actively and creatively participating in their learning. As a result, they tend to remember what they learn better and longer. Participants are placed in a level based on age and ability to help meet the developmental needs of each swimmer. Beginner swimmers will wear an IFD (instructional flotation device) to help them swim in the correct body position and improve their arm and leg motions while being able to remain afloat.

### STAGE DESCRIPTIONS

#### SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills.

**A**

**Water  
Discovery**

Introduces infants & toddlers to the aquatic environment.  
(Formerly Parent/Child)

**B**

**Water  
Exploration**

Focuses on exploring body positions, blowing bubbles & safety.  
(Formerly Parent/Child)

#### SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning to swim, float, swim and jump, push, turn, grab.

**1**

**Water  
Acclimation**

Increases comfort with underwater exploration & introduces basic self-rescue skills performed with assistance.  
(Formerly Pike/Polliwog)

**2**

**Water  
Movement**

Encourages forward movement in water and basic self-rescue skills performed independently.  
(Formerly Eel/Polliwog)

**3**

**Water  
Stamina**

Develops intermediate self-rescue skills performed at longer distances than in previous stages.  
(Formerly Ray/Guppy)

#### SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique.

**4**

**Stroke  
Introduction**

Introduces basic stroke technique in front crawl & back crawl, treading water & elementary backstroke.  
(Formerly Starfish/Minnow)

**5**

**Stroke  
Development**

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.  
(Formerly Fish)

**6**

**Stroke  
Mechanics**

Refines stroke technique on all major competitive strokes & encourages swimming as part of a healthy lifestyle.  
(Formerly Flying Fish)

Register for the Correct Level!

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