

SWIM LESSONS DESCRIPTION

AGE: 5-11 YEARS OLD

Beginners

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

- 1.) Swim, float, swim – sequencing front glide, roll, back float, roll, front glide, and exit.
- 2.) Jump, push, turn, grab.

*Stage 1 – Water Acclimation: Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

*Stage 2 – Water Movement: Encourages forward movement in water and basic self-rescue skills performed independently.

*Stage 3 – Water Stamina: Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Intermediate

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 3 – Water Stamina: Develops intermediate self-rescue skills performed at longer distances than in previous stages.

*Stage 4 -Stroke Introduction: Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Advanced

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 5 – Stroke Development: Introduces breaststroke and butterfly and reinforces water safety through treading and sidestroke.

*Stage 6 – Stroke Mechanics: Refines stroke on all major competitive strokes and encourages swimming as a part of a healthy lifestyle.

Teens 12-18 years old

Adults and Teens will learn personal water safety and achieve basic swimming competency through the six stage continuum of YMCA Swim Lesson, and build stroke techniques:

Stage 1: Water Acclimation: Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Stage 2: Water Movement: Encourages forward movement in water and basic self-rescue skills performed independently.

Stage 3: Water Stamina: Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Stage 4: Stroke Introduction: Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Stage 5: Stroke Development: Introduces breaststroke and butterfly and reinforces water safety through treading and sidestroke.

Stage 6: Stroke Mechanics: Refines stroke on all major competitive strokes and encourages swimming as a part of a healthy lifestyle.

Parent-Toddler

Age: 6 months to 4 years

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 – Water Discovery: Introduces infants and toddlers to the aquatic environment.

*Stage B – Water Exploration: Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.