



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/Poliwog)

2 Water Movement

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

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!

Contact Dan Parrott (dparrott@brymca.org, 633.2855 ext. 252).