### Lesson Selector

#### WHAT AGE GROUP DOES THE STUDENT FALL INTO?

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months–3 years</td>
<td>PARENT* &amp; CHILD: STAGES A–B</td>
</tr>
<tr>
<td>3 years–5 years</td>
<td>PRESCHOOL: STAGES 1–4</td>
</tr>
<tr>
<td>5 years–12 years</td>
<td>SCHOOL AGE: STAGES 1–6</td>
</tr>
<tr>
<td>12+ years</td>
<td>TEEN &amp; ADULT: STAGES 1–6</td>
</tr>
</tbody>
</table>

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

#### WHICH STAGE IS THE STUDENT READY FOR?

<table>
<thead>
<tr>
<th>Skill</th>
<th>Stage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can the student respond to verbal cues and jump on land?</td>
<td>A / WATER DISCOVERY</td>
</tr>
<tr>
<td>Is the student comfortable working with an instructor without a parent in the water?</td>
<td>B / WATER EXPLORATION</td>
</tr>
<tr>
<td>Will the student go underwater voluntarily?</td>
<td>1 / WATER ACCLIMATION</td>
</tr>
<tr>
<td>Can the student do a front and back float on his or her own?</td>
<td>2 / WATER MOVEMENT</td>
</tr>
<tr>
<td>Can the student swim 10–15 yards on his or her front and back?</td>
<td>3 / WATER STAMINA</td>
</tr>
<tr>
<td>Can the student swim 15 yards of front and back crawl?</td>
<td>4 / STROKE INTRODUCTION</td>
</tr>
<tr>
<td>Can the student swim front crawl, back crawl, and breaststroke across the pool?</td>
<td>5 / STROKE DEVELOPMENT</td>
</tr>
<tr>
<td>Can the student swim front crawl, back crawl, and breaststroke across the pool and back?</td>
<td>6 / STROKE MECHANICS</td>
</tr>
</tbody>
</table>

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*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.*
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.

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

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

**STAGE DESCRIPTIONS**

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)

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)

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).