



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHICH STAGE IS THE STUDENT READY FOR?

PARENT/CHILD CLASSES

(9-18 months) Introduces caregivers and their children to the aquatic environment.

**WATER
DISCOVERY**

(12-24 months) Focuses on exploring body positions, blowing bubbles, and fundamental aquatic skills such as becoming comfortable submerging in the water and becoming comfortable with putting their face in the water.

**A / WATER
EXPLORATION**

(20-36 months) For the swimmer who is comfortable putting their face in the water and completely submerging into the water with assistance from adult. Child must be comfortable with their face, head, and ears getting wet.

**B / WATER
EXPLORATION**

(30-36 months) For the swimmer who is ready to transition to a class without their caregiver in the water. Child will work with a YMCA instructor in a small group setting to build confidence in the water without a caregiver.

**PRE
ACCLIMATION**

Qualifications: Child must be comfortable with their face, head, and ears getting wet. Child should be comfortable with adults outside of their family



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WHICH STAGE IS THE STUDENT READY FOR?

PRESCHOOL CLASSES (3-5 YEARS OLD)

Will the student go underwater voluntarily?

NOT YET

1 / WATER
ACCLIMATION

Confidently swims underwater, fully submerging eyes, ears, and head. Swims with face in the water, with adult assistance.

NOT YET

2 / WATER
MOVEMENT

Confidently floats on back and front for 10 seconds independently. Swims 10 feet independently with a forward-facing movement and eyes in the water.

NOT YET

3 / WATER
STAMINA

Confidently swims the width of the pool using front crawl, breathing independently without any assistance. Able to kick on their back the width of the pool independently.

NOT YET

4 / STROKE
INTRODUCTION

SCHOOL AGE CLASSES (6-9 YEARS OLD)

Will the student go underwater voluntarily?

NOT YET

1 / WATER
ACCLIMATION

Confidently swims the width of the pool using front crawl with proper breath control, and kicking on their back.

NOT YET

2 / WATER
MOVEMENT

Swims 1 length (25 yards) front crawl unassisted, 1 length kicking on back unassisted, and tread water for at least 30 seconds.

NOT YET

3 / WATER
STAMINA

Swims 2 lengths (50 yards) front crawl, 2 lengths (50 yards) back crawl, and tread water for at least one minute.

NOT YET

4 / STROKE
INTRODUCTION

Swims 4 lengths (100 yards) freestyle, 4 lengths (100 yards) backstroke, and must be familiar with breaststroke and butterfly kick.

NOT YET

5 / STROKE
DEVELOPMENT

Swims 4 lengths (100 yards) freestyle, 4 lengths (100 yards) backstroke, 25 yards breaststroke, 25 yards dolphin kick, tread water 1 ½ minutes.

NOT YET

6 / STROKE
MECHANICS