WHAT AGE GROUP DOES THE STUDENT FALL INTO?

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  
Parent & Child 1 / WATER DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?  
NOT YET  
Parent & Child 2 / WATER EXPLORATION

Will the student go underwater voluntarily? Can the student do a front and back float on his or her own?  
NOT YET  
1 / WATER ACCLIMATION & MOVEMENT

Can the student swim 10–15 yards on his or her front and back?  
NOT YET  
2 / WATER STAMINA

Can the student swim 15 yards of front and back crawl?  
NOT YET  
3 / STROKE INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?  
NOT YET  
4 / STROKE DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?  
NOT YET  
5 / STROKE MECHANICS

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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.
STAGE DESCRIPTIONS

1 / WATER DISCOVERY
Parents accompany children in stage 1, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

2 / WATER EXPLORATION
In stage 2, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

3 / STROKE INTRODUCTION
In stage 3, students are introduced to stroke technique in front crawl and back crawl. Water safety through treading water and elementary backstroke is reinforced.

4 / STROKE DEVELOPMENT
Students in stage 4 are introduced to breaststroke and butterfly. Water safety is reinforced through treading water and sidestroke.

5 / STROKE MECHANICS
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

SWIM STARTERS
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.

SWIM BASICS
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:
- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

SWIM STROKES
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.

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HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.