

Parent & Child Age 6 mo - 3 yrs

SWIM STARTERS

A

Water Discovery

Student not yet able to respond to verbal cues and jump on land.

B

Water Exploration

Student not yet comfortable working with an instructor without a parent in the water.

We are so excited to preview our new youth group swim lesson program guide. Our program is evolving to reflect the standards that are upheld nationally by the YMCA. This will be easier for parents and caregivers to understand and make progression for the students more streamlined because the goals of each swim level are clearly defined.

Preschool Age 3 - 5

SWIM BASICS

1

Water Acclimation

Student not yet able to go underwater voluntarily.

2

Water Movement

Student not yet able to do a front and back float on their own.

3

Water Stamina

Student not yet able to swim 10 - 15 yards on their front or back.

4

Stroke Introduction

Student not yet able to swim 15 yards on their front or back crawl.

Youth Age 6 - 12

SWIM STROKES

1

Water Acclimation

Student not yet able to go underwater voluntarily.

2

Water Movement

Student not yet able to do a front and back float on their own.

3

Water Stamina

Student not yet able to swim 10 - 15 yards on their front or back.

4

Stroke Introduction

Student not yet able to swim 15 yards on their front or back crawl.

5

Stroke Development

Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.

6

Stroke Mechanics

Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.



SWIM PROGRAM UPDATE

Current Swim Level

Parent Child I & II

Pike

Eel

Polliwog

Guppy

Minnow

New Stage

A

B

1

2

3

1

2

3

4

5

6

Siblings
receive 10%
off!!

SWIM STARTERS

A/ Water Discovery

B/ Water Exploration

Infants and toddlers learn to be comfortable in the water and develop swim readiness skills while having fun!

This is an introduction to the water for little ones and their parents. Children learn through play and develop confidence to be in the water.

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles and learn the fundamentals of safety and skills.

SWIM BASICS

1 / Water Acclimation

2 / Water Movement

3 / Water Stamina

In this level children learn two benchmark skills:

Swim, float, swim - sequencing front glide, roll, back float, roll, front glide & exit.

Jump, push, turn, grab

Underwater exploration and learning how to safely exit a body of water is the focus of this stage. This lays the foundation that allows for a student's future progress in swimming.

In Stage 2, students focus on body position, control, directional change and forward movement in the water while continuing learning how to safely exit in the event of a fall.

Stage 3 builds on safely exiting a body of water but includes having to swim a long distance. It introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

4 / Stroke Introduction

5 / Stroke Development

6 / Stroke Mechanics

Students learn additional water safety skills and build stroke technique. These skills prevent chronic disease, increase social - emotional and cognitive well- being and foster a lifetime of physical activity.

The specific strokes learned are front crawl and back crawl, breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

In Stage 5, stroke technique is enhanced and all major competitive strokes are introduced. The emphasis on water safety continues through treading water and sidestroke.

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, discover how to develop healthy habits through swimming and are prepared to enter swim clinic.

CONTACT BETH VALENTINE WITH ANY QUESTIONS: beth@saymca.org