



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 1–2
- 3 years–5 years  
**PRESCHOOL:**  
STAGES 1–4
- 5 years–12 years  
**YOUTH:**  
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 **1 / WATER DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET **2 / 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.

# STAGE DESCRIPTIONS



## SWIM STARTERS (PC)

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.



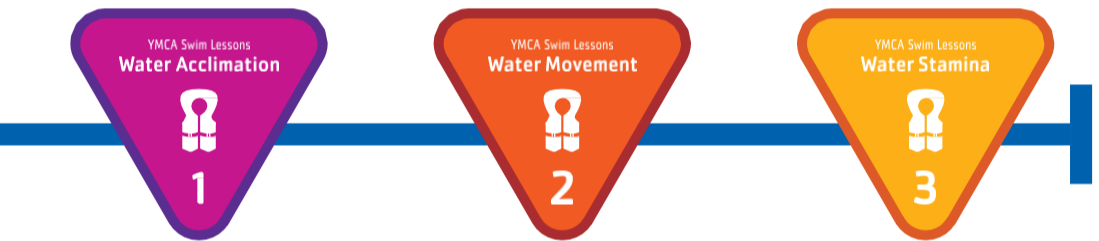
**1 / WATER DISCOVERY**  
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

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

## SWIM BASICS (P or Y)

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



**1 / WATER ACCLIMATION**  
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

**2 / WATER MOVEMENT**  
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

**3 / WATER STAMINA**  
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM STROKES (Y, T/A)

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.



**4 / STROKE INTRODUCTION**  
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

**5 / STROKE DEVELOPMENT**  
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.

**6 / STROKE MECHANICS**  
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

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



# Central YMCA Family Center 2018 Summer Swim Lessons

Registration begins March 24, 2018 for Members

| Class Fees     | Session     | Parent/Child | Other Levels |
|----------------|-------------|--------------|--------------|
| Member         | Mon.-Thurs. | \$40         | \$60         |
|                | Sat.        | \$25         | \$38         |
| Program Member | Mon.-Thurs. | \$50         | \$80         |
|                | Sat.        | \$35         | \$58         |

All classes are 30 minutes in length with a ratio of 1:4

| Session | Dates                      | PC 1<br>Water Discovery | PC 2<br>Water Exploration | P 1/2<br>Water Acclimation/<br>Movement | P 3/4<br>Water Stamina         | Y 1/2<br>Water Acclimation/<br>Movement | Y 3<br>Water Stamina       | Y 4<br>Stroke Introduction | Y 5<br>Stroke Development/<br>Mechanics | T 1-6<br>13 + Teen | A 1-6<br>18+ Adult |
|---------|----------------------------|-------------------------|---------------------------|---|--------------------------------|---|----------------------------|----------------------------|---|--------------------|--------------------|
| 1       | June 4-14 (Mon-Thurs)      | 8:30am, 10:30, 6pm      | 8:30am, 10:30, 6pm        | 8:30am (2), 9:30, 10:30, 5:30pm, 6:30   | 8:00am, 9:00 (2) 10:00, 5pm, 6 | 8:00am, 9:00 (2) 10:00, 5pm, 6          | 9:30am, 10:30 5:30pm, 6:30 | 8:00am, 9:00 10:00, 5pm, 6 | 8:30am, 9:30, 5:30pm, 6:30              | 10:30am, 7pm       | 10:30am, 7pm       |
|         | June 2-23 (Sat only)       | 8:30 am                 | 8:30 am                   | 8:30am, 9:30, 10:30                     | 8:00am,9:00 10:00              | 8:00am,9:00 10:00                       | 8:30am, 9:30, 10:30        | 8:00am,9:00 10:00          | 9:30am, 10:30                           | 10:30am            | 10:30am            |
| 2       | June 18-28 (Mon-Thurs)     | 8:30am, 10:30, 6pm      | 8:30am, 10:30, 6pm        | 8:30am (2), 9:30, 10:30, 5:30pm, 6:30   | 8:00am, 9:00 (2) 10:00, 5pm, 6 | 8:00am, 9:00 (2) 10:00, 5pm, 6          | 9:30am, 10:30 5:30pm, 6:30 | 8:00am, 9:00 10:00, 5pm, 6 | 8:30am, 9:30, 5:30pm, 6:30              | 10:30am, 7pm       | 10:30am, 7pm       |
|         | July 7-28 (Sat only)       | 8:30 am                 | 8:30 am                   | 8:30am, 9:30, 10:30                     | 8:00am,9:00 10:00              | 8:00am,9:00 10:00                       | 8:30am, 9:30, 10:30        | 8:00am,9:00 10:00          | 9:30am, 10:30                           | 10:30am            | 10:30am            |
| 3       | July 2-July 12 (Mon-Thurs) | 8:30am, 10:30, 6pm      | 8:30am, 10:30, 6pm        | 8:30am (2), 9:30, 10:30, 5:30pm, 6:30   | 8:00am, 9:00 (2) 10:00, 5pm, 6 | 8:00am, 9:00 (2) 10:00, 5pm, 6          | 9:30am, 10:30 5:30pm, 6:30 | 8:00am, 9:00 10:00, 5pm, 6 | 8:30am, 9:30, 5:30pm, 6:30              | 10:30am, 7pm       | 10:30am, 7pm       |
|         | Aug 4-25 (Sat only)        | 8:30 am                 | 8:30 am                   | 8:30am, 9:30, 10:30                     | 8:00am,9:00 10:00              | 8:00am,9:00 10:00                       | 8:30am, 9:30, 10:30        | 8:00am,9:00 10:00          | 9:30am, 10:30                           | 10:30am            | 10:30am            |
| 4       | July 16-26 (Mon-Thurs)     | 8:30am, 10:30, 6pm      | 8:30am, 10:30, 6pm        | 8:30am (2), 9:30, 10:30, 5:30pm, 6:30   | 8:00am, 9:00 (2) 10:00, 5pm, 6 | 8:00am, 9:00 (2) 10:00, 5pm, 6          | 9:30am, 10:30 5:30pm, 6:30 | 8:00am, 9:00 10:00, 5pm, 6 | 8:30am, 9:30, 5:30pm, 6:30              | 10:30am, 7pm       | 10:30am, 7pm       |
| 5       | July 30-Aug 9 (Mon-Thurs)  | 8:30am, 10:30, 6pm      | 8:30am, 10:30, 6pm        | 8:30am (2), 9:30, 10:30, 5:30pm, 6:30   | 8:00am, 9:00 (2) 10:00, 5pm, 6 | 8:00am, 9:00 (2) 10:00, 5pm, 6          | 9:30am, 10:30 5:30pm, 6:30 | 8:00am, 9:00 10:00, 5pm, 6 | 8:30am, 9:30, 5:30pm, 6:30              | 10:30am, 7pm       | 10:30am, 7pm       |
| 6       | Aug 13-23 (Mon-Thurs)      | 5:00pm                  | 5:00pm                    | 5:30pm, 6:30                            | 5:00pm, 6:00                   | 5:00pm, 6:00                            | 5:30pm, 6:30               | 5:30pm, 6:30pm             | 6:00pm                                  | 6:30pm             | 6:30pm             |

If you have any questions please contact:  
**Central YMCA Family Center**  
 817.274.9622  
[www.amaymca.org](http://www.amaymca.org)