

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months-3 years
PARENT & CHILD:
STAGES A-B



3 years-5 years
PRESCHOOL:
STAGES 1-4



5 years-12 years
SCHOOL AGE:
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

**A / WATER
DISCOVERY**

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

NOT YET

**B / 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 or 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 breast stroke 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.



2024 Swim Lessons

Mon, Wed, & Fri 8 Lessons (3X Week)	Tue & Thurs 8 Lessons (2X Week)	Saturday 4 Lessons (1X Week)																																																				
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Additional lesson times may be available upon inquiry

Group names do not reflect swimmers ability or skill level

Sign up online or in house by filling out a Swim Lesson Sign up Form and someone from our aquatics department will contact you. Additional class times may be added if there is an increased demand and we have the staffing.

Fee includes a \$5 non refundable deposit.

The YMCA reserves the right to combine and or cancel classes as necessary.

Classes must have at least 2 participants to be held.