

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.



February 2024 Swim Lessons

Mon & Wed Feb 5 - Feb 28	Tue & Thurs Feb 6 - Feb 29	Saturday Feb 9 - Mar 2																																																				
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Online registration opens two weeks prior to and closes the Friday before the start of the next session.
 In House registration opens two week prior to and closes 5 pm the Saturday before the start of the swim lesson.
 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 more than 3 participants to be held.