

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

GROUP SWIM LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

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

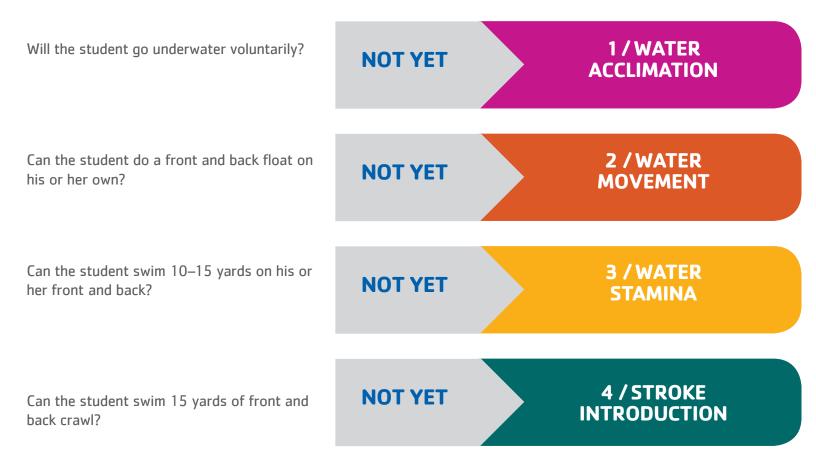




12+ years TEEN & ADULT: STAGES 1-4

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?



*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



WATER DISCOVERY

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



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

Water Movement

2

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.

> YMCA Swim Lessons Stroke Introduction

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.

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.

HAVE MORE QUESTIONS? Reach out to our Aquatics Specialist, Tina, at tinah@gapiedmontymca.org for more information.