

# Swim Lessons Group Lessons Selector



## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months – 3 years  
PARENT & CHILD  
STAGES: WATER  
DISCOVERY



3 years – 5 years  
PRESCHOOL  
STAGES: 1-5



5 years – 12 years  
SCHOOL AGE  
STAGES: 1-5



12+ years  
TEEN & ADULT  
STAGES: 1-5

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

## Stages of Learning

**Swim Starters:** 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. This group is parent/child lessons for ages 6 months to 3 years and contains the following stage:

### Water Discovery

**Swim Basics:** 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

This group is for ages 3 years and older and contains the following stages:

### 1 - Water Acclimation

### 2 - Water Movement

### 3 - Water Stamina

**Swim Strokes:** 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. This group is for ages 3 years and older and contains the following stages:

### 4 - Stroke Introduction

### 5 - Stroke Development

