

YMCA SWIM LESSON PROGRAM OVERVIEW

SWIM STARTERS:

STAGE A: WATER DISCOVERY

Introduces infants and toddlers to the aquatic environment.

Ages: 6-36 months **Length:** 30 minutes

Qualifications: None!

STAGE B: WATER EXPLORATION

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

Ages: 6-36 months **Length:** 30 minutes

Qualifications: None (although, completion of the water Discovery Class is recommended)!

SWIM BASICS:

STAGE 1: WATER ACCLIMATION

In this beginning class, children develop comfort with being underwater and learn how to safely exit in the event of falling into a body of water.

Ages: 3-12 **Length:** 30 minutes

Qualifications: None!

STAGE 2: WATER MOVEMENT

In this class, children are taught skills that focus on buoyancy and movement in the water while also learning how to safely exit in the event of falling into a body of water.

Ages: 3-12 **Length:** 30 minutes

Qualifications: (1) able to go under water & comfortably open eyes without goggles, (2) able to float on front & back with minimal assistance, (3) able to jump in the pool, submerge & return to the wall with assistance.

STAGE 3: WATER STAMINA

In this class, children focus on swimming longer distances. In the event of falling into a body of water, children learn how to swim to safety.

Ages: 3-12 **Length:** 30 minutes

Qualifications: (1) able to float on front & back unassisted, (2) able to push off the wall on stomach with face submerged for 10 feet unassisted, (3) able to Swim-Float-Swim 15 feet unassisted, (4) able to jump into deep water and return to the wall unassisted.

Porpoise Club is a unique swim training program that includes instruction to prepare for competitive swimming, such as stroke improvement, starts & turns, and speed and endurance training.

Participants should be able to swim at least one length on front and back and have a basic understanding of freestyle, backstroke and breaststroke. These skills are evaluated on the first day and if they cannot be met, participants will be placed in the appropriate swim lesson level.

It is recommended swimmers complete at least Stage 5 before entering the Porpoise Club program. For ages 5-12.

SWIM STROKES:

STAGE 4: STROKE INTRODUCTION

In this class, children are introduced to basic swimming strokes.

Ages: 3-12 **Length:** 40 minutes

Qualifications: (1) able to submerge & retrieve an object in chest deep water, (2) able to swim front crawl 15 yards while taking a breath, (3) able to Swim-Float-Swim 15 yards, (4) able to jump in & tread water for 30 seconds, (5) able to swim to wall & exit.

STAGE 5: STROKE DEVELOPMENT

In this class, children continue to work on their swimming stroke technique and all major competitive strokes are introduced.

Ages: 5-12 **Length:** 40 minutes

Qualifications: (1) able to front crawl & back crawl 25 yards, (2) able to swim breaststroke kick and dolphin kick 15 yards, (3) able to tread water using multiple kicks for 1 minute.

STAGE 6: STROKE MECHANICS

In this class, children continue to work on their swimming stroke technique and all major competitive strokes are introduced.

Ages: 5-12 **Length:** 40 minutes

Qualifications: (1) able to swim front crawl with bent arm recovery & rotary breathing for 25 yards, (2) able to swim back crawl with stroke rotation for 25 yards, (3) able to swim butterfly with over arm recovery, (4) able to swim breaststroke for 25 yards achieving stroke rhythm, (5) able to dive from kneeling position.

FOR TEENS & ADULTS: SWIM BASICS

Students learn personal water safety and basic swimming competency in shallow water.

Ages: 13+ **Length:** 30 minutes

Qualifications: None!

SWIM STROKES

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

Ages: 13+ **Length:** 40 minutes

Qualifications: (1) able to submerge touch the bottom in chest deep water, (2) able to swim front crawl 15 yards while taking a breath, (3) able to Swim-Float-Swim 15 yards, (4) able to jump in & tread water for 30 second