

NEW! 2017 YMCA SWIM LESSONS:

Swim Starters Aquatic Programs:

Accompanied by a caregiver, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences.

Stage Descriptions:

A / Water Discovery (Shrimp/Kippers 6-18 Months): Introduces infants to the aquatic environment.

B / Water Exploration (Inia/Perch 18-36 Months): Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

Swim Basics for Preschool, and School Age (Ages 3-5)

In Water Acclimation, Water Movement, Water Stamina and Stroke Introduction, students are taught the recommended skills for all to have around water including safe water habits, underwater exploration, and how to swim to safety and exit in the event of falling into a body of water.

Stage Descriptions:

1 / Water Acclimation (Pike 3-5 Year Olds): Students develop comfort with underwater exploration and being comfortable in a body of water. Students will work on floating and gliding on their front and back as well as basic water safety and how to safely exit the water.

2 / Water Movement (Eel 3-5 Year Olds): Swimmers focus on body position control, directional changes and forward movement. Building swimmers confidence for floating and gliding without support and basic arm action in freestyle is introduced.

3 / Water Stamina (Ray 3-5 Year Olds): Students learn how to swim safely for a longer distance than in previous stages. This stage introduced rotary breathing and integrated arm and leg action. Backstroke fundamentals are also introduced. Including, body position, arms and kick coordination. Treading water.

4 / Stroke Introduction (Starfish 3-5 Year Olds): At this level students develop proper technique for freestyle and backstroke and learn the breaststroke and butterfly kick. Water safety is recognized through treading water and elementary backstroke. Diving from a sitting position is introduced.

Swim Strokes for Preschool, School Age (6-12 Years Old):

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.

Stage Descriptions:

3 / Water Stamina (Polliwog 6-12 Year Olds): Students learn how to swim safely for a longer distance than in previous stages. This stage introduced rotary breathing and integrated arm and leg action. Backstroke fundamentals are also introduced. Including, body position, arms and kick coordination. Treading water.

4 / Stroke Introduction (Guppy 6-12 Year Olds): At this level students develop proper technique for freestyle and backstroke and learn the breaststroke and butterfly kick. Water safety is recognized through treading water and elementary backstroke. Diving from a sitting position is introduced.

5 / Stroke Development(Minnow 6-12 Year Olds): Students in this level work on stroke technique and learn all major competitive strokes. The emphasis on safety continues with treading water, sidestroke. Diving from a kneeling position is introduced

6 / Stroke Mechanic(Flying Fish) 6-12 Year Olds): Students refine stroke technique on all major competitive strokes. Swimmers will also learn about competitive swimming and learn flip turns, open turns and diving from a standing and racing position.

Stroke and Turn (Shark/Porpoise 12 and Over)

Specially designed for kids ages 12-15 who can swim without assistance and have completed all levels. Swimmers will learn how to swim each stroke (butterfly, breast, front, back and side) for up to 200 yards without stopping, master starts, flip turns and complete a 200 individual medley.