



# SWIM LESSON STAGES

## SWIM STARTER STAGES

### STAGE A

This introductory class focuses on water discovery in the pool through fun activities, songs and water play. Infants and Toddlers are accompanied by a parent or caretaker in the water. Children explore basic water movement while caretakers learn water safety skills, swim cues and support techniques. This stage builds comfort and confidence in the water.

### STAGE B

Stage B is designed for toddlers accompanied by a parent or caretaker in the water. This class encourages children to become more independent through basic water exploration. Toddlers develop skills in water entry/exit, kicking and floating with support while caretakers reinforce safety and supervision skills.

### BASIC TRANSITION

This transition class is designed for children that have previously taken a swim starter course at the YMCA. This class will help transition children to swim independently without the support of their parent and prepare them for preschool level classes. Caretakers will remain in a bathing suit on the pool deck and will be prepared to enter the pool in their child needs assistance. Children should be able to use a floatation device without the support of their parent or guardian before joining the class.

## SWIM BASIC STAGES

### STAGE 1

In Stage 1, swimmers are introduced to water in a safe and supportive environment. This beginner-level class focuses on creating comfort in the water while learning to swim independently. Swimmers will become more acclimated with front/back floats, swimming 10 yards, submerging and jumping with assistance.

### STAGE 2

In stage 2, swimmers develop forward water movement in the water by focusing on front and back glides without assistance. Through guided instruction with front and back crawl, children gain a greater confidence in the water while continuing to learn essential water safety skills.

### STAGE 3

In stage 3, swimmers continue to build stamina and confidence in the water by swimming longer distances in front and back crawl (15 yards). Safety skills include treading for one minute in deep water.

# SWIM BASIC STAGES

## STAGE 4

In stage 4, swimmers are introduced to all strokes including front & back crawl with rotary breathing, breaststroke, butterfly and elementary backstroke. Endurance in each stroke is developed by swimming 25 yards.

## STAGE 5

In stage 5, swimmers continue to build endurance by swimming 50 yards while developing proper form in all swim strokes (front & back crawl, breaststroke, backstroke, butterfly and sidestroke. Additional skills include kneeling dives and treading water.

## STAGE 6

In stage 6, swimmers improve stroke mechanics for all swim strokes (front & back crawl, elementary backstroke, sidestroke, breaststroke, butterfly) and are introduced to competition, leadership and recreation pathways.

## SPECIALTY CLASSES & CLINICS

### SWIM CONDITIONING

Swim Conditioning is designed to provide swimmers with practice sets that build endurance and confidence. Practices include development of all competitive swim strokes, starts, turns, relays and more! Practices will take place in the Alumni Pool. This small group learning environment will give swimmers a sense of what it feels like to be part of a team.

### STROKE CLINIC

Stroke Clinics are designed to develop swimmers while refining technique, improving efficiency and boosting speed in the water. Practice sets include drills of all competitive swim strokes (freestyle, backstroke, breaststroke & butterfly). Practices will take place in the Alumni Pool. This small group learning environment offers personalized instruction by experienced swim instructors.

### LIFEGUARD SKILLS & DRILLS FOR TEENS

This program is designed for teens who want to develop essential water safety skills, improve their swimming abilities and gain an introduction to lifeguarding. Skills include water safety and rescue techniques, endurance and timed skill drills, leadership development, and decision making team responses. Prerequisites include a minimum swim of 50 yards and ability to demonstrate treading water for two minutes.

### NOODLE WATER POLO

Noodle polo is an introduction to water polo. Swimmers will wear flotation devices while learning to tread water, develop freestyle and breaststroke and swim a minimum of 100 yards. Teamwork skills are developed through passes and scrimmages.