



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES 1–2



3 years–5 years
PRESCHOOL:
STAGES 1–3



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



12+ years
TEEN & ADULT:
STAGES 1–5

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

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**Parent & Child
1 / WATER DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**Parent & Child
2 / WATER EXPLORATION**

Will the student go underwater voluntarily?
Can the student do a front and back float on his or her own?

NOT YET

**1 / WATER
ACCLIMATION & MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**2 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**3 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**4 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**5 / STROKE
MECHANICS**

YMCA OF EAST TENNESSEE

www.ymcaknoxville.org

*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

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.



1 / WATER DISCOVERY

Parents accompany children in stage 1, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



2 / WATER EXPLORATION

In stage 2, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

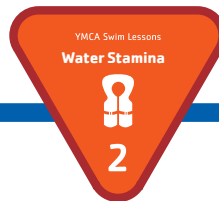
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



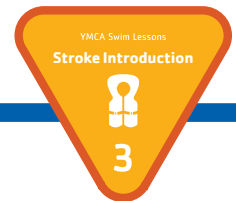
1 / WATER ACCLIMATION & WATER MOVEMENT

We will focus on increasing comfort with underwater exploration and encourage forward movement in the water. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER STAMINA

In stage 2, students focus on forward movement in the water performed at longer distances than before and basic self-rescue skills performed independently.

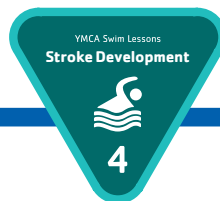


3 / STROKE INTRODUCTION

In stage 3, students are introduced to stroke technique in front crawl and back crawl. Water safety through treading water and elementary backstroke is reinforced.

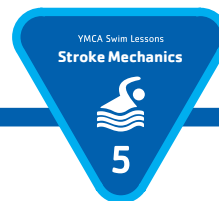
SWIM STROKES

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.



4 / STROKE DEVELOPMENT

Students in stage 4 are introduced to breaststroke and butterfly. Water safety is reinforced through treading water and sidestroke.



5 / STROKE MECHANICS

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.