



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA Swim Lesson Registration Guide

### **STAGE A: Water Discovery & STAGE B: Water Exploration**

- No Requirements

### **STAGE 1: Water Acclimation**

- No Requirements

### **STAGE 2: Water Movement**

- MUST be able to submerge face under water.

### **STAGE 3: Water Stamina**

- MUST be able to submerge face under water.
- MUST be able to float unassisted on front and back.

### **STAGE 4: Stroke Introduction**

- MUST be able to submerge face under water.
- MUST be able to float unassisted on front and back.
- MUST be able to swim unassisted 10-15 yards (roughly half the pool length) on his/her front and back.

### **STAGE 5: Stroke Development**

- MUST be able to submerge face under water.
- MUST be able to float unassisted on front and back.
- MUST be able to swim unassisted 10-15 yards (roughly half the pool length) on his/her front and back.
- MUST be able to swim 15 yards of front and back crawl.
- MUST be able to perform 10-15 yards of breaststroke and dolphin kick.

### **STAGE 6: Stroke Mechanics**

- MUST be able to submerge face under water.
- MUST be able to float unassisted on front and back.
- MUST be able to swim 50 yards of front and back crawl.
- MUST be able to swim 25 yards of breaststroke and butterfly.

**Y Swim Lessons are organized by age and skill level. Advancing to the next level is dependent upon the child's mastery of required skills. Since each child will learn at his/her own pace, session completion does not guarantee that they will advance to the next stage. Do not be discouraged if we recommend additional sessions at the same stage as this is quite typical.**

- **PARENT/CHILD:** 6 months – 3 years
- **PRESCHOOL:** 3 – 5 years

- **SCHOOL AGE:** 6 - 12 years
- **ADULT:** 13 years and above