



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS

Nurturing skills and building confidence in the water.

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy. Starting with the July session, the Y will be adopting a new swim lesson format.



JOIN US

6:15–6:45 pm

May 30, May 31 or June 1 for



PARENT INFORMATIONAL MEETINGS

**on the change in the swim lesson format
in the YMCA in the Little house**

SCHOOL AGE, TEEN & ADULT

PARENT & CHILD

PRESCHOOL

A
Water Discovery

Student not yet able to respond to verbal cues and jump on land.

B
Water Exploration

Student not yet comfortable working with an instructor without a parent in the water.

1
Water Acclimation

Student not yet able to go underwater voluntarily.

2
Water Movement

Student not yet able to do a front and back float on his or her own.

3
Water Stamina

Student not yet able to swim 10–15 yards on his or her front and back.

4
Stroke Introduction

Student not yet able to swim 15 yards of front and back crawl.

5
Stroke Development

Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.

6
Stroke Mechanics

Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.

SWIM STARTERS
Swim readiness skills

SWIM BASICS
Recommended skills for all to have around water

SWIM STROKES
Skills to support a healthy lifestyle