



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSON SELECTOR

The YMCA is changing to a new progressive swim lesson structure. Lessons have been divided into three stages, **Swim Starters**, **Swim Basics** and **Swim Strokes**.

Use the charts below to find your swim lesson level. To assist you, the "Stages of Learning" are on the back of this flyer and/or online at our website at metrowestymca.org/learntoswim

LEVEL CONVERSION CHART

USE THIS CHART IF YOUR STUDENT IS CURRENTLY ENROLLED IN YMCA SWIM LESSONS

CURRENT LEVEL >>> NEW LEVEL

WATER BABIES	PARENT & CHILD (PC A)
PERCH	PARENT & CHILD (PC B)
PIKE N' PARENT	PARENT & CHILD (PC B)
PIKE A	PRESCHOOL 1 (PS 1)
PIKE B	PRESCHOOL 2 (PS 2)
EEL	PRESCHOOL 3 (PS 3)
RAYS & STAR FISH	PRESCHOOL 4 (PS 4)
POLLIWOG A	SCHOOL AGE 1 (SA 1)
POLLIWOG B	SCHOOL AGE 2 (SA 2)
GUPPY	SCHOOL AGE 3 (SA 3)
MINNOW	SCHOOL AGE 4 (SA 4)
FISH & FLYING FISH	SCHOOL AGE 5 (SA 5)
SHARK	SCHOOL AGE 6 (SA 6)
BEGINNER A	TEEN & ADULT 1
BEGINNER B	TEEN & ADULT 2
INTERMEDIATE	TEEN & ADULT 3 & 4
ADVANCED	TEEN & ADULT 5 & 6

WHAT IS THE STUDENT'S LEVEL?

USE THIS CHART IF YOUR STUDENT IS NEW TO YMCA SWIM LESSONS

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

NO
YES

A / WATER DISCOVERY
PCA / PS 1 / SA 1

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

NO
YES

B / WATER EXPLORATION
PS 1 / SA 1

Will the student go underwater voluntarily?

NO
YES

1 / WATER ACCLIMATION
PS 1 / SA 1 / ADULT 1

Can the student do a front and back float on his or her own?

NO
YES

2 / WATER MOVEMENT
PS 2 / SA 2 / ADULT 2

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

NO
YES

3 / WATER STAMINA
PS 3 / SA 3 / ADULT 3

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

NO
YES

4 / STROKE INTRODUCTION
PS 4 / SA 4 / ADULT 4

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

NO
YES

5 / STROKE DEVELOPMENT
PS 4 / SA 5 / ADULT 5

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

NO

6 / STROKE MECHANICS
SA 6 / ADULT 6

NEED EXTRA HELP? WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



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



12+ years
TEEN & ADULT:
STAGES 1–6

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

STILL HAVE QUESTIONS?

CONTACT ASHLEY PHOENIX, AQUATICS DIRECTOR AT APHENIX@METROWESTYMCA.ORG OR (508) 879-4420 X35

*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.



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

A / WATER DISCOVERY

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



B / WATER EXPLORATION

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



1 / WATER ACCLIMATION

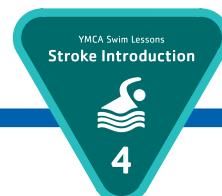
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.



4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5 / STROKE DEVELOPMENT

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.

6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

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.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.