

OUR PURPOSE IS DEEPER THAN A POOL

Our Tom & Sally Savage Pool Complex has something for everyone. Relax in our hot tub, enjoy aqua aerobics and family swim time in our Therapy Pool or keep up your stroke work in our Lap Pool.

SWIM LESSON STAGE SELECTOR

Waldo County YMCA



Are you new to Y Swim Lessons or unsure which stage is best for you or your child? The following information can help:

- The Swim Lesson Selector Card provides a quick overview to help you understand the new program and the interactive Stage Selector Tool below guides you through an easy assessment to help you quickly determine what swim class to take and when you need to schedule a free swim evaluation. If you are unsure, it is important that you connect with Aquatics Director, Eryn Thostenson to ensure the best swim stage placement.

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months - 3 years
Parent/Caregiver & Child:
Stages A - B



3 - 5 years
Preschool:
Stages 1 - 4



6 - 12 years
School Age:
Stages 1 - 6



12+ years
Teen & Adult
Stages 1 - 6

ASK THESE QUESTIONS TO SEE WHICH STAGE THE STUDENT IS READY FOR?

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

NOT YET

A / WATER DISCOVERY

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

NOT YET

B / WATER EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER ACCLIMATION

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

NOT YET

2 / WATER MOVEMENT

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

NOT YET

3 / WATER STAMINA

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

NOT YET

4 / STROKE INTRODUCTION

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

NOT YET

5 / STROKE DEVELOPMENT

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

NOT YET

6 / STROKE MECHANICS

SEE SWIM LESSON STAGE DESCRIPTIONS ON THE NEXT PAGE.

SWIM LESSON

STAGE DESCRIPTIONS



FACT: Children between the ages of 1 and 4 years old have the highest drowning rates.
 FACT: Drowning is the 2nd leading cause of death for kids (ages 1 – 14).
 FACT: In 88% of drownings, an adult was present but that was not enough.

Our goal is to do our part in changing these statistics by continuing to build strong swimmers and confident kids. Our lessons are built on a foundation of basic skill progressions for ages 6 months to 12+ years. Y swim instructors certified in CPR, AED, and First Aid and Oxygen.

THERE ARE THREE SWIM LESSON STAGES:

SWIM STARTERS

Accompanied by a parent, children 6 months to 3 years 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.

A / Water Discovery

Parents/Caregivers accompany children into the water where the child is introduced to the aquatic environment through exploration and encourages them to have fun while learning about the water.

B / Water Exploration

Parents/Caregivers work with their child 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

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.

SWIM STROKES

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.

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.