



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LESSON SELECTOR

## STEP 1

### WHAT AGE GROUP DOES THE PERSON FALL INTO?



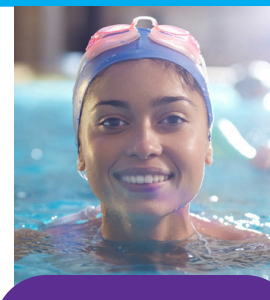
6 MONTHS - 3 YEARS  
PARENT\* & CHILD



3 YEARS - 5 YEARS  
PRESCHOOL:  
STAGES 1-3



6 YEARS - 12 YEARS  
SCHOOL AGE:  
STAGES 1-6



18+ YEARS  
ADULT

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

## STEP 2

### WHICH STAGE IS THE PERSON READY FOR?

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

NOT YET

PARENT\* & CHILD  
6 MONTHS - 3 YEARS

Will the participant fully submerge face in the water and blow bubbles?

NOT YET

1 | WATER ACCLIMATION  
PRESCHOOL: 3 - 5 YEARS  
SCHOOL AGE: 6-12 YEARS

Can the participant do a front and back float without support?

NOT YET

2 | WATER MOVEMENT  
PRESCHOOL: 3 - 5 YEARS  
SCHOOL AGE: 6-12 YEARS

Can the participant swim 10-15 yards on his or her front and back and tread water for 30 seconds?

NOT YET

3 | WATER STAMINA  
PRESCHOOL: 3 - 5 YEARS  
SCHOOL AGE: 6-12 YEARS

YELLOW  
BAND ONLY

Can the participant swim 25 yards of front and back crawl and tread water for 1 minute with breath rotation and no doggie paddling? Do they have a yellow swim band?

NOT YET

4 | STROKE INTRODUCTION  
SCHOOL AGE: 6+ YEARS

GREEN  
BAND ONLY

Can the participant swim 100 yards front crawl and back crawl, and 25 yards backstroke and breaststroke, and tread water for 1 minute? Do they have a green swim band?

NOT YET

5/6 DEVELOPMENT &  
STROKE MECHANICS  
SCHOOL AGE: 6+ YEARS

GREEN  
BAND ONLY

Can the participant swim 100 yards front crawl and 50 yards butterfly, backstroke and breaststroke? Do they have a green swim band?

NOT YET

SWIM TEAM PREP  
SCHOOL AGE: 8+ YEARS

GREEN  
BAND ONLY

## STEP 3

### REGISTER FOR APPROPRIATE LESSON

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# 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.



### 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.

## 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

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 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 MECHANIC

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.

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