



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months—3 years

PARENT* & CHILD:
STAGES A–B



3 years—5 years

PRE-SCHOOL:
STAGES 1–4



5+ YEARS

SCHOOL AGE:
STAGES 1–6

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

WHICH STAGE IS THE STUDENT 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 a parent in the water?

NOT YET

B / WATER
EXPLORATION

Will the student fully submerge 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 breast stroke across the pool (25 yards)?

NOT YET

5 / STROKE
DEVELOPMENT

Can the student swim the front crawl, back crawl and breast stroke across the pool and back (50 yards)?

NOT YET

6 / STROKE
MECHANICS

*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.

SPRING 2018 SWIMMING LESSON SCHEDULE

The Spring swimming lesson schedule begins on Monday March 5th. Stages close at 12:00pm the day of the lesson. Saturday lessons will close at 12:00pm the Friday before the first class (April 13th). Each session include 8 classes.

Spring Session 1: Monday & Wednesday March 5th—March 28th

5:00-5:30pm	Stage 2	
5:00-5:40pm		Stage 4
5:35-6:05pm	Stage 3	
5:45-6:15pm		Stage 3
6:10-6:40pm	Stage 1	
6:20-7:00pm		Stage 5 & 6

Spring Session 1: Tuesday & Thursday March 6th—March 29th

6:00-6:30pm	Stage A & B	Stage 1
6:35-7:05pm	Stage 2	Stage 3

Spring Session 2: Monday & Wednesday April 9th—May 2nd

5:20-5:50pm	Pre-School Stage 1	Stage 2
5:55-6:25pm	Stage 2	Stage 1
6:30-7:00pm	Stage 3	
6:30-7:10pm		Stage 4

Spring Session 2: Tuesday & Thursday April 10th—May 3rd

6:00-6:30pm	Stage 2	Stage 1
6:35-7:05pm	Stage 1	Stage 3

Spring Session 3: Monday & Wednesday May 7th—May 30th

5:20-5:50pm	Stage 3	Stage 1
5:55-6:25pm	Pre-School Stage 1	Stage 2
6:30-7:00pm	Stage 2	Stage 3

Spring Session 3: Tuesday & Thursday May 8th—May 31st

6:00-6:30pm	Stage 2	Stage 1
6:35-7:05pm	Stage 1	Stage 3

Spring Session: Saturday Mornings April 14th—June 2nd

9:30-10:00am	Stage 3	Pre-School Stage 1
10:05-10:35am	Stage 1	Stage 2