



Parent/Child: Swim Starters

Stage A-B: Water Discovery & Exploration

The YMCA's Water Discovery and Exploration swim lessons are designed to introduce infants and toddlers to the water in a safe, supportive, and fun environment with a parent or caregiver right by their side. These classes focus on building confidence in the water, developing basic swim readiness skills, and fostering a love for swimming through songs, games, and playful activities.

Youth: Swim Basics

Stage 1: Water Acclimation

In Stage 1: Water Acclimation, young swimmers build confidence and comfort in the water without a parent. This foundational level helps children develop trust in the pool, introduces them to safe water practices, and teaches basic swim skills with instructor support.

Stage 2: Water Movement

In Stage 2: Water Movement builds on the skills developed in Stage 1, helping young swimmers become more independent and confident in the water. With instructor guidance, children continue to explore body control and movement while learning to propel themselves through the water.

Stage 3: Water Stamina

Stage 3: Water Stamina helps young swimmers build endurance and independence in the water. Building on skills from Stage 2, children begin swimming short distances on their own while continuing to develop stroke technique and water safety habits.

Youth: Swim Strokes

Stage 4: Stroke Introduction

Stage 4 introduces young swimmers to stroke technique and deeper water skills. Children build on their ability to swim independently while learning the basics of front crawl, back crawl, and other foundational strokes.

Stage 5: Stroke Development

Stage 5: Stroke Development focuses on refining stroke technique and building endurance. Swimmers improve their freestyle, backstroke, and breaststroke skills while increasing the distance they can swim with proper form.

Stage 6: Stroke Mechanics

Stage 6: Stroke Mechanics helps swimmers refine all major strokes with a focus on technique, endurance, and efficiency. It's perfect for kids interested in swim team or lifelong swimming skills.

Youth: Swim Pathways

Aquatic Conditioning

Aquatic Conditioning builds on endurance and stroke technique for swimmers who have completed the foundational swim stages. This program bridges the gap between swim lessons and swim team by focusing on skill refinement, fitness, and confidence in a low-pressure, non-competitive environment.

FIND THE RIGHT SWIM LESSON

WHICH STAGE IS THE STUDENT READY FOR?

STAGES:

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

If NO, begin with **STAGE A**.
If YES, continue to the next question.

**A / WATER
DISCOVERY**

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

If NO, begin with **STAGE B**.
If YES, continue to the next question.

**B / WATER
EXPLORATION**

Will the student go under water voluntarily?

If NO, begin with **STAGE 1**.
If YES, continue to the next question.

**1 / WATER
ACCLIMATION**

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

If NO, begin with **STAGE 2**.
If YES, continue to the next question.

**2 / WATER
MOVEMENT**

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

If NO, begin with **STAGE 3**.
If YES, continue to the next question.

**3 / WATER
STAMINA**

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

If NO, begin with **STAGE 4**.
If YES, continue to the next question.

**4 / STROKE
INTRODUCTION**

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

If NO, begin with **STAGE 5**.
If YES, continue to the next question.

**5 / STROKE
DEVELOPMENT**

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

If NO, begin with **STAGE 6**.
If YES, ask about swim teams or lifeguarding.

**6 / STROKE
MECHANICS**

