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SWIM LESSON STAGES & DESCRIPTIONS

DUBUQUE COMUNITY YMCA/YWCA



WHAT AGE GROUP DOES THE STUDENT FALL INTO?



3 years–5 years
PRESCHOOL:
STAGES 1–4



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



12 years–16 years
TEEN:
STAGES 1–6

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

WHICH STAGE IS THE STUDENT READY FOR?

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

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PARENT/CHILD LESSONS

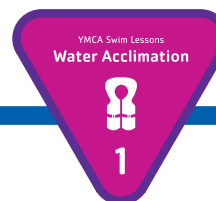
PARENT-TOT

(6–36 months). How about a little one-on-one time? That's what you and your child will have when you help familiarize your child to the water. Class includes songs, games, playtime and more.

SWIM BASICS

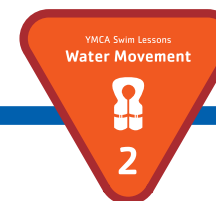
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- 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.

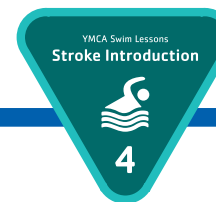


3 / WATER STAMINA

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.

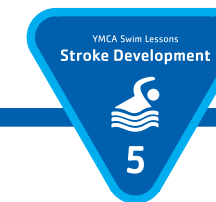
SWIM STROKES

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.



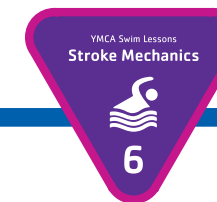
4 / STROKE INTRODUCTION

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 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.