

Waynesboro YMCA
Group Lesson Stage Descriptions

Parent-Child Class (6 months–3 years)

The goal of this class is to provide instruction for adults who accompany their children to develop aquatic readiness skills. By empowering parents to teach their kids to develop a high-comfort level in the water, children will gain confidence and learn to enjoy being in the water. This class does not teach children at this age to become accomplished swimmers, but it provides a foundation for future learning as well as basic self-rescue safety skills.

Preschool Age Class (3–5 years)

Preschool Stage 1 (age 3-5): Children will develop comfort with water exploration and are introduced to basic self-rescue skills.

Qualifications: None are needed. This class is for children who are not yet comfortable in water and underwater voluntarily. Also for children who have not been introduced to the water. (Beginners)

Skills Practiced:

- Put face in the water/blow bubbles
- Begin to retrieve objects in shallow water
- Float on stomach with assistance for 5 seconds
- Float on back with assistance for 5 seconds
- Kick and blow bubbles with assistance
- Jump toward instructor and submerge
- Roll from back to front and front to back with assistance
- 5 feet glide or kick to wall and grab
- Spider Crawl (crawl along the wall)
- Enter pool and exit pool without assistance

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Preschool Stage 2 (age 3-5): Children will focus on body position, control, and forward movement in the water. While also continuing to practice self-rescue safety skills.

Qualifications: Children must be able to demonstrate all skills from stage 1.

Skills Practiced:

- Begin to push off wall with face submerged to instructor
- Float on belly with face submerged for 5 seconds without assistance
- Float on back for 5 seconds without assistance
- Jump in without assistance
- Beginning streamline position back and front.
- 5 feet kick to the wall and grab wall with face in no assistance
- Roll from back to front and front to back with hardly any assistance
- Introduction to treading
- Introduction to side breath

Preschool Stage 3 (age 3-5): Children learn how to safely swim longer distances. The class also introduces arm action.

Qualifications: Child must demonstrate all skills from stage 2

Skills Practiced:

- Float front and back for 10 seconds no assistance
- 10 yards to wall in tight streamline front and back
- Push off in tight streamline front and back to instructor
- Side breath voluntarily
- Start freestyle prep. (Sidekicks, Switching, Shark fin)
- Start backstroke prep. (Shoulder Rotations, 3 count arm rotations with kickboard)
- Jump in deep end and tread for 20 seconds with hardly any assistance
- Roll from back to front and front to back with no assistance

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Preschool Stage 4 (age 3-5): Child has learned and mastered fundamentals. Child will learn additional safety skills and build stroke technique.

Qualifications: Child must demonstrate all skills from stage 3

Skills Practiced:

- Swim on front with side breath for 15 yards
- Swim Freestyle 15 yards
- Swim BackStroke 15 yards
- Introduction to Breaststroke kick
- Introduction to butterfly kick
- Introduction to knee dive
- Jump in tread for 30 seconds and swim back to wall with no assistance
- Swim full 25 yards with hardly any assistance

School-Age Class (6-12 years)

Stage 1 Youth (age 6-12): Children will develop comfort with water exploration and are introduced to basic self-rescue skills.

Qualifications: None are needed. This class is for children who are not yet comfortable in water and underwater voluntarily. Also for children who have not been introduced to the water. (Beginners)

Skills Practiced:

- Put face in the water/blow bubbles
- begin to retrieve objects in shallow water
- Float on stomach with assistance for 10 seconds
- Float on back with assistance for 10 seconds
- Kick and blow bubbles with assistance
- Jump toward instructor and submerge
- Roll from back to front and front to back with assistance
- 5 feet glide or kick to wall and grab
- Spider Crawl (crawl along the wall)
- Enter pool and exit pool without assistance

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Stage 2 Youth (age 6-12): Children will focus on body position, control, and forward movement in the water. While also continuing to practice self-rescue safety skills.

Qualifications: Children must be able to demonstrate all skills from stage 1.

Skills Practiced:

- Begin to push off wall with face submerged to instructor
- Float on belly with face submerged for 10 seconds without assistance
- Float on back for 10 seconds without assistance
- Jump in without assistance
- Beginning streamline position back and front.
- 5 feet kick to the wall and grab wall with face in no assistance
- Roll from back to front and front to back with hardly any assistance
- Introduction to treading
- Introduction to side breath

Stage 3 Youth (6-12): Children learn how to safely swim longer distances. The class also introduces arm action.

Qualifications: Child must demonstrate all skills from stage 2

Skills Practiced:

- 15 yards to wall in tight streamline front and back
- Push off in tight streamline front and back to instructor
- Side breath voluntarily
- Start freestyle prep. (Sidekicks, Switching, Shark fin)
- Start backstroke prep. (Shoulder Rotations, 3 count arm rotations with kickboard)
- Jump in deep end and tread for 30 seconds with hardly any assistance
- Roll from back to front and front to back with no assistance

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Stage 4 Youth (age 6-12): Child has learned and mastered fundamentals. Child will learn additional safety skills and build stroke technique.

Qualifications: Child must demonstrate all skills from stage 3

Skills Practiced:

- Swim on front with side breath for 15 yards
- Swim Freestyle 15 yards
- Swim BackStroke 15 yards
- Introduction to Breaststroke kick
- Introduction to butterfly kick
- Introduction to knee dive
- Jump in tread for 40 seconds and swim back to wall with no assistance
- Swim 50 yards with hardly any assistance

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Updated May 2022