



# LESSON SELECTOR

Burbank Community YMCA

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
PARENT\* & ME



3 years–5 years  
PRESCHOOL:  
STAGES A & B



5 years–12\* years  
SCHOOL AGE:  
STAGES 1–5



6 months+  
PRIVATE LESSONS

## WHICH STAGE IS THE STUDENT READY FOR?

Is student comfortable in and around the water?

NOT YET?

A / WATER  
DISCOVERY

Is the student able to swim 5 feet or more on their own?

NOT YET?

B / WATER  
EXPLORATION

Will the student go underwater voluntarily/independently?

NOT YET?

1 / WATER  
ACCLIMATION

Can the student do a front and back float on their own?

NOT YET?

2 / WATER  
MOVEMENT

Can the student swim 25 yards on his or her front and back?

NOT YET?

3 / WATER  
STAMINA

Can the student swim 25 yards of front and back crawl?

(freestyle and backstroke)

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 all 4 strokes correctly for at least 100 yards?

YES?

SWIM TEAM

\* 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.

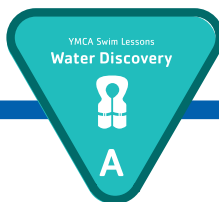
\* If a student is between the ages of 6 months and 3 years old they will need to be in our Parent&Me class, accompanied by an adult. If a student is over the age of 12 but is not able to pass the criteria above for swim team they will need to enroll in private lessons.



# STAGE DESCRIPTIONS

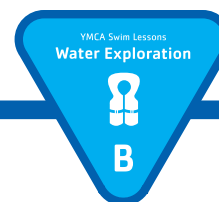
## SWIM STARTERS

Students learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences.



### A / WATER DISCOVERY

Stage A introduces students to the aquatic environment through exploring body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.



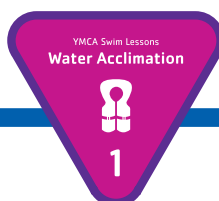
### B / WATER EXPLORATION

In stage B students develop comfort with underwater exploration and movement. They also learn to safely exit in the event of falling into a body of water.

## SWIM BASICS

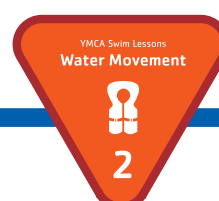
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, roll, return



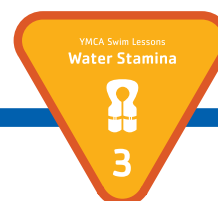
### 1 / WATER ACCLIMATION

This stage lays the foundation that allows for a student's future progress in swimming through floating, blowing bubbles, water movement and fundamental safety and aquatic skills with the assistance of their instructor.



### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water independently while also continuing to practice how to safely exit in the event of falling into a body of water.

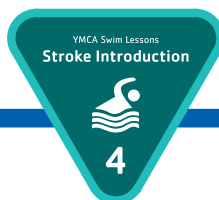


### 3 / WATER STAMINA

Stage 3 introduces rhythmic breathing and integrated arm and leg action. This stage also teaches students how to swim to safety in the event of falling into a body of water with their clothes on.

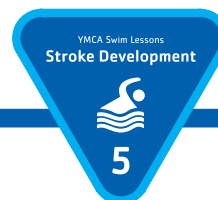
## SWIM STROKES

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.



### SWIM TEAM

On swim team, 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 Associate Director of Aquatics, Susan, is available to answer any questions about the swim lessons program.

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