



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LESSON SELECTOR

NEW upgraded Y swim program easily tracks and accelerates a student's progression while our traditional fish animal badges ensure a fun sense of achievement every "stroke" of the way.

YMCAHONOLULU.ORG

## SELECT AGE GROUP



**6 months–3 years**  
**PARENT\* & CHILD:**  
**STAGES A–B**



**3 years–5 years**  
**PRESCHOOL:**  
**STAGES 1–4**

















**6 years–12 years**  
**SCHOOL AGE:**  
**STAGES 1–8**



**13+ years**  
**TEEN & ADULT:**  
**STAGES 1–8**

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

## SELECT STAGE STUDENT IS READY FOR

			PARENT & CHILD	PRESCHOOL	YOUTH
Can the student respond to verbal cues and jump on land?	<b>NOT YET »</b>	<b>A / WATER DISCOVERY</b>	 KIPPER SHRIMP		
Is the student comfortable working with an instructor without a parent in the water?	<b>NOT YET »</b>	<b>B / WATER EXPLORATION</b>	 INIA PERCH		
Will the student go underwater voluntarily?	<b>NOT YET »</b>	<b>1 / WATER ACCLIMATION</b>		 PIKE	 JELLYFISH
Can the student do a front and back float on his or her own?	<b>NOT YET »</b>	<b>2 / WATER MOVEMENT</b>		 EEL	 POLLIWOGS
Can the student swim 10–15 yards on his or her front and back?	<b>NOT YET »</b>	<b>3 / WATER STAMINA</b>		 RAY	 GUPPIES
Can the student swim 15 yards of front and back crawl?	<b>NOT YET »</b>	<b>4 / STROKE INTRODUCTION</b>		 STARFISH	 MINNOWS
Can the student swim front crawl, back crawl, and breaststroke across the pool?	<b>NOT YET »</b>	<b>5 / STROKE DEVELOPMENT</b>			 FISH
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	<b>NOT YET »</b>	<b>6 / STROKE MECHANICS</b>			 FLYING FISH
Can the student swim all 4 competitive strokes for 100 yards?	<b>NOT YET »</b>	<b>7 / ENDURANCE, SPORTS &amp; GAMES</b>			 SHARK
Can the student swim all 4 competitive strokes for 500 yards with proper starts/turns?	<b>NOT YET »</b>	<b>8 / AQUATIC CONDITIONING</b>			 PORPOISE

\*At the Y, we define parent broadly to include all adults with primary responsibility for raising children, including guardians, stepparents, grandparents, or any other type of parenting relationship.

# STAGE DESCRIPTIONS

All classes taught by nationally certified swim instructors trained in CPR, AED & First Aid.

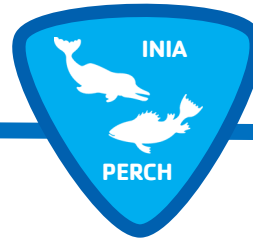
## SWIM STARTERS

Accompanied by a parent\*, infant/toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences while parents learn about water safety, drowning prevention, and the importance of supervision.



### A / WATER DISCOVERY

Accompanied by their parent\*, infants/toddlers are introduced to the aquatic environment through exploration and enjoy themselves while learning about the water.



### B / WATER EXPLORATION

Parents work with their infant/toddler to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

## SWIM BASICS

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



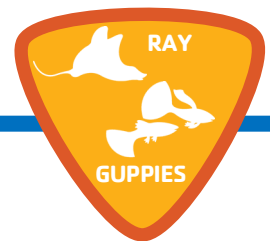
### 1 / WATER ACCLIMATION

Develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water—laying the foundation for future progress in swimming.



### 2 / WATER MOVEMENT

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

Learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water and introduction to rhythmic breathing and integrated arm and leg action.

## SWIM STROKES

Learn additional water safety skills, build stroke technique, and develop skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



### 4 / STROKE INTRODUCTION

Develop stroke technique in front crawl and back crawl and learn the breaststroke and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 5 / STROKE DEVELOPMENT

Work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE MECHANICS

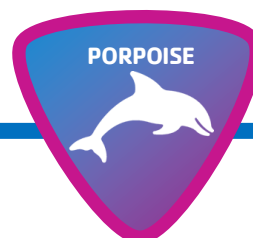
Refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

## SWIM PATHWAYS

Advance training to improve or perfect swim strokes, technique, endurance and speed for sports, competitive swim and fitness.



### 7 / ENDURANCE, SPORTS AND GAMES



### 8 / AQUATIC CONDITIONING