



STAGE DESCRIPTIONS



SWIM STARTERS

Accompanied by a parent, infants and 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.

PARENT & TOT – AGES 6 MONTHS – 3 YRS OLD

Parents* accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

*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.



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 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.

*This stage is offered as part of the RIPTIDE Swim Team. For more information visit: trymca.org/aquatics/riptide-swim-team or contact the Aquatics Department.

HAVE MORE QUESTIONS?

Contact: Susan Decker - sdecker@trymca.org or call (252)638-8799

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & TOT:



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–4



12+ years
TEEN & ADULT:
STAGES 1–4

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

WHICH STAGE IS THE STUDENT READY FOR?

Is the student older than 3 years of age and/or comfortable working with an instructor without a parent* in the water?

NOT YET

PARENT & TOT

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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

(Offered through RIPTIDE Swim Team Program)

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

NOT YET

4 / STROKE
DEVELOPMENT

Learn more about the Twin Rivers YMCA Swim Team (RIPTIDE) by visiting www.trymca.org/aquatics/riptide-swim-team

If you're having trouble deciding which stage is right for you, contact the Aquatics Department for a free swim evaluation.