











## YMCA SWIM STAGES

<p><b>A</b> <b>Water</b> Discovery</p>  <p>Students not yet able to respond to verbal cues and jump on land.</p>	<p><b>B</b> <b>Water</b> Exploration</p>  <p>Students not yet comfortable with an instructor without a parent in the water.</p>	<p><b>1</b> <b>Water</b> Acclimation</p>  <p>Students not yet able to go under-water voluntarily.</p>	<p><b>2</b> <b>Water</b> Movement</p>  <p>Students not yet able to do a front and back float on their own.</p>	<p><b>3</b> <b>Water</b> Stamina</p>  <p>Students not yet able to swim 10-15 yards on their front or back.</p>	<p><b>4</b> <b>Stroke</b> Introduction</p>  <p>Students not yet able to swim 15 yards of front or back crawl.</p>	<p><b>5</b> <b>Stroke</b> Development</p>  <p>Students not yet able to swim front crawl, back crawl, and breaststroke across the pool.</p>	<p><b>6</b> <b>Water</b> Mechanics</p>  <p>Students not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.</p>
<p><b>SWIM STARTERS</b> swim readiness skills</p>			<p><b>SWIM BASICS</b> recommended skills for all to have around water</p>			<p><b>SWIM STROKES</b> skills to support a healthy lifestyle</p>	