

# SWIM LESSON GUIDE



## WEST END YMCA

Chino Valley YMCA - 909.597.7445

Scheu Family YMCA of Upland - 909.946.6120



## SWIM LESSONS AT THE YMCA

Swim Lessons play a crucial role in reducing the risk of childhood drowning. Lessons at the YMCA help your child learn water safety, improve swimming skills, and find healthy enjoyment in the water.

Our branches in Chino and Upland offer year-round aquatics programs in our heated pools, including Group Lessons and Private Lessons. Visit [weymca.org](http://weymca.org) or your local branch for additional details on class scheduling and availability.

**How to use this guide:** Use the chart below to determine the age group for your child. Then use the stage readiness tool below to determine the appropriate starting point. Class descriptions can be found on the facing page.

### WHAT AGE GROUP DOES THE STUDENT FALL INTO?

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

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

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

 12+ years  
**TEEN & ADULT**  
STAGES 1–6

### WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET **A / WATER DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET **B / WATER EXPLORATION**

Will the student go underwater voluntarily?

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 10–15 yards on their front and back?

NOT YET **3 / WATER STAMINA**

Can the student swim 15 yards of front and back crawl?

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 front/back crawl and breaststroke across the pool and back?

NOT YET **6 / STROKE MECHANICS**

## SWIM STARTERS

### Parent\* & Child Lessons

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.

#### A / WATER DISCOVERY

Introduces infants and toddlers to the aquatic environment.

#### B / WATER EXPLORATION

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

## SWIM BASICS

### Recommended skills for all to have around water

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: 1) Swim, Float, Swim (sequencing front glide, roll, back float, roll, front glide, and exit) and 2) Jump, Push, Turn, Grab.

#### 1 / WATER ACCLIMATION

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

#### 2 / WATER MOVEMENT

Encourages forward movement in water and basic self-rescue skills performed independently.

#### 3 / WATER STAMINA

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

## SWIM STROKES

### Skills to support a healthy lifestyle

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 a foster a lifetime of physical activity.

#### 4 / STROKE INTRODUCTION

Introduces basic stroke technique in front/back crawl, and reinforces water safety through treading water and elementary backstroke.

#### 5 / STROKE DEVELOPMENT

Introduces breaststroke and butterfly, and reinforces water safety through treading water and sidestroke.

#### 6 / STROKE MECHANICS

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

\*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.



## COMPETITIVE SWIM TEAMS

Did you know that we have Competitive and Pre-Comp Swim Team programs available at both of our locations? Swim Teams are a great way for children to practice and progress in their swim strokes while learning teamwork and having a great time!

## PRIVATE SWIM LESSONS

Our private lessons are a great supplement or alternative to our Group Swim Lessons. These 30 minute lessons can help a swimmer make progress in everything from basic swim skills to expert-level swim strokes. Our Instructors can help create the perfect learning plan for you!

## SWIM LESSON LOCATIONS



### CHINO VALLEY YMCA

5665 Edison Ave. Chino  
909.597.7445

Heated Outdoor Pool  
Outdoor Basketball Courts  
Group Exercise Classes  
Cardio & Weight Equipment  
Youth Programming & More!



### SCHEU FAMILY YMCA OF UPLAND

1150 E. Foothill Blvd. Upland  
909.946-6120

Heated Indoor Pools  
Indoor & Outdoor Basketball  
Group Exercise Classes  
Cardio & Weight Equipment  
Youth Programming & More!

## READY TO REGISTER?

Contact your local  
Branch or visit  
[weymca.org](http://weymca.org) for  
information and  
registration!

