The new Meadowlands YMCA swim lesson curriculum incorporates a core group of aquatic skills every person needs in order to be safe around water. As the foundation of our program, these skills allow students to learn correct swim stroke techniques with positive support at their own pace. Students begin with skills they are ready to learn, helping them to celebrate their successes, build self-confidence, stay safe around water, and enjoy learning to swim.

**NEW SWIM LESSON STAGES**

6 MONTHS–3 YEARS
Parent & Child: Stages A or B

**WATER DISCOVERY**
6–18 months Introduces infants and toddlers to the aquatic environment through exploration.

3 YEARS–5 YEARS
Preschool: Stages C or D

**WATER ACCLIMATION**
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. These stages lay the foundation that allows for student’s future progress in swimming.

5 YEARS–14 YEARS
School Age: Stages 1–6

**WATER ACCLIMATION**
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. These stages lay the foundation that allows for student’s future progress in swimming.

15 + YEARS
Teen & Adults: Beginner or Intermediate

**BEGINNER**
Learn proper body movement and basic techniques. Focus on going underwater and floating.

**INTERMEDIATE**
For those with a basic knowledge, will work on endurance, treading and diving.

**WEEKLY SWIM TESTS**
Find the right placement for your child.
MONDAYS AT 7:30pm
SATURDAYS AT 1:00pm

FOR MORE INFORMATION VISIT MeadowlandsYMCA.org/swim.