

NEW SWIM LESSON STAGES

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.



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

A

WATER DISCOVERY

6-18 months
Introduces infants and toddlers to the aquatic environment through exploration.

B

WATER EXPLORATION

18 months-3 years
Body positions, floating, blowing bubbles and safety skills will all be worked on.



3 YEARS-5 YEARS
Preschool:
Stages C or D

C

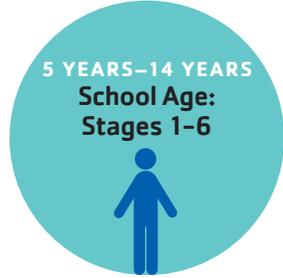
WATER ACCLIMATION

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

D

WATER MOVEMENT

These stages focus on body position and control, directional change, and forward movement in the water is refined while continuing to practice how to safely exit the water.



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

1

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

2

WATER MOVEMENT

These stages focus on body position and control, directional change, and forward movement in the water is refined while continuing to practice how to safely exit the water.

3

WATER STAMINA

Rhythmic breathing and integrated arm and leg action is introduced.

4

STROKE INTRODUCTION

Swimmers develop stroke technique in front and back crawl while learning breaststroke and butterfly.

5

STROKE DEVELOPMENT

Work on technique and learn all major competitive strokes.

6

STROKE MECHANICS

Refine technique on all major competitive strokes while learning about competitive 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.

