



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUTURE OLYMPIANS SWIM HERE



2024 Summer Swim Lessons

With more than 110 years' experience equipping people with the skills they need to stay safe in and around water, the Y is America's most trusted swim instructor. Swimmers will learn to be comfortable in the water and develop swim readiness skills through fun and confidence building exercises. Children, teens, and adults will learn personal safety, personal growth, stroke development, water sports & games, and rescue to develop a life-long passion for swimming and water activities.

Use the **YMCA Lesson Selector** on the back or ask the Welcome Center for assistance in choosing the correct stage for your child.



Registration: Online at ymcasatx.org/davisscott, snap code or in person at the Davis-Scott Family Y location.

Financial assistance, up to 30% off is available for those who qualify. See Welcome Desk for details.

MAKE-UP POLICY: For each session of lessons, we will only conduct make-up lessons due to facility cancellations, not personal absence. There are no refunds given for the current session after the first lesson.

DAVIS-SCOTT FAMILY YMCA • 1213 Iowa • 210.532.0932 • ymcasatx.org/davisscott



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 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

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

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 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**

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 crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**

*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.