Silver Falls Family YMCA
Swimming Lessons Chart

6–36 Months
Swim Lessons for children 6–36 months.

3–5 Years
Can your child put his/her face in the water for 3 seconds and float in a relaxed position on the front and back with some assistance?

Swim Starters
For ages 6–36 months the classes are taught with the parent accompanying the child in the water.

6–14 Years
Can your child float unassisted on front and back? Swim on their front & back for 45 feet?

Swim Basics Stage 1
(Beginner)
Children adjust to the water and develop independent movement. Teaches blowing bubbles, floating and pool safety.

Swim Basics Stage 2
For children who are comfortable putting their faces into the water. Children are taught to float, kick and use arm strokes.

Swim Basics Stage 3 or 4
For children able to swim 25 yards front and back with side breathing. Beginning to teach breaststroke and elementary backstroke.

Swim Basics Stage 3 or 4
For children who can float and glide unassisted. This class works on side breathing, strengthening arm strokes and kicking, endurance and teaches treading water skills and diving.

Can your child tread water for 1 minute and swim 45 feet using front crawl and 45 feet using back?

Swim Basics Stage 5 or 6
For children able to swim front crawl with rotary breathing and back crawl for 100 yards. Breaststroke for 50 yards. Teaches butterfly, sidestroke and im-