Silver Falls Family YMCA
Swimming Lessons Chart

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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?

YES

Can your child float on the front and back for 5 seconds and glide on back and front for 30 feet?

YES

Can your child tread water for 1 minute and swim 45 feet using front crawl and 45 feet using back?
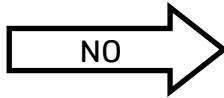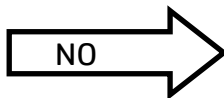
NO

NO

NO

YES → **Advance to Stage 5**

Swim Starters

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

Swim Basics Stage 1

(Beginner)

Children adjust to the water and develop independent movement. Teaches blowing bubbles, floating and pool safety.
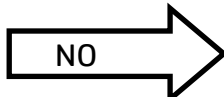
Swim Basics Stage 2

For children who are comfortable putting their faces into the water. Children are taught to float, kick and use arm strokes.
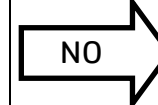
Swim Basics Stage 3 or 4

For children 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.

6-14 Years

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

NO

YES

Can your child float unassisted on front and back? Swim 45 feet on front and

NO

YES

Can your child swim 25 yards using front crawl and back crawl? Do they know backstroke and elementary backstroke? Can they tread water for 1 minute?
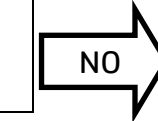
NO

YES

Swim Basics Stage 1

Beginner level for those who are uncomfortable or inexperienced in the water. Teaches basic water skills including gliding with their face in water, floating and
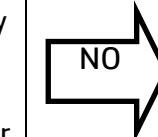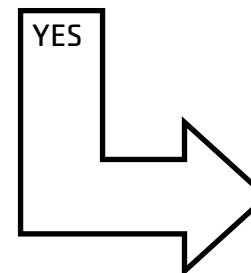
Swim Basics Stage 2

For children able to swim on their front and back for 45 feet. Teaches swimming on front and back and side breathing while swimming the front crawl.

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 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-