



WATERTOWN FAMILY YMCA

Aquatic Skill Levels

Parent & Tot

Prerequisite: Minimum 6 months of age. Goal is to introduce infants and toddlers to the aquatic environment. Parent and child learn together under the guidance of an instructor. There must be one adult per child attending.

Level 1 • Water Acclimation

Prerequisite: Minimum 3 years of age, and beginner swimmer. Goal is to increase comfort in water and able to perform back/front floats unassisted, monkey crawls and treading water for 10 seconds.

Level 2 • Water Movement

Prerequisite: Beginner swimmer who is comfortable in the water without assistance. Goal is to encourage forward movement, back float, perform front crawl unassisted, and submerged head bobs.

Level 3 • Water Stamina

Prerequisite: Able to do unassisted glides and floats on front and back, as well as submerge. Goal is to be able to tread water for 30 seconds.

Levels 4 – 6: SWIM TEAM PREP

Level 4 • Stroke Introduction

Prerequisite: Able to submerge to retrieve an object in chest deep water, tread water and perform unassisted swimming on front and back. Goal is to introduce basic stroke technique in front and back crawl and reinforce water safety through treading water and introduce sitting dives and performing breast stroke.

Level 5 • Stroke Development

Prerequisite: Able to perform any stroke or combination of strokes for 25 yards. Perform front and back crawl, elementary back stroke, breaststroke kick, and butterfly kick. Goal is to introduce breaststroke, butterfly, and reinforce water safety through treading water and sidestroke.

Level 6 • Stroke Mechanics

Prerequisite: Perform front crawl with bent-arm recovery, back crawl, sidestroke, breaststroke, and butterfly. Goal is to introduce flip turns and perfecting sitting dives and refine stroke technique on all major competitive strokes and encourage swimming as part of a healthy lifestyle.