



WATERTOWN FAMILY YMCA

Aquatic Skill Levels

Parent & Tot A • Water Discovery

Prerequisite: Minimum 6 months of age. Goal is to introduce infants and toddlers to basic water safety while building a relationship through fun and interactive instruction and games. Parent and child will learn together under the guidance of an instructor. A minimum of one parent per child attending is required in the pool.

Parent & Tot B • Water Exploration

Prerequisite: Minimum 2 years of age with the ability to be in water with a parent nearby. Goal is to encourage children to move purposefully in the water while emphasizing basic water safety. This level is perfect for the child who is comfortable in the water, but still needs a parent close by. The class will be led by an instructor with the aid of parents.

Level 1 • Water Acclimation

Prerequisite: Minimum 3 years of age with the ability to be in the water without a parent. The goal is to increase comfort level while developing basic skills to propel and glide through the water with instructor help. Additionally, the goal is to perform front/back floats, monkey crawls and submersion, with the use of a backpack and noodle.

Level 2 • Water Movement

Prerequisite: Swimmer who is comfortable in the water without assistance from a flotation device. The goal is to encourage forward and backward motion without instructor help, along with developing basic skills to propel and glide through the water without instructor help.

Level 3 • Water Stamina

Prerequisite: Able to perform unassisted front/back glides and floats, along with being able to submerge. The goal is to encourage forward/back motion while integrating arm action, leg action and rhythmic breathing.

Level 4 • Stroke Introduction

Prerequisite: Able to submerge, tread water and perform unassisted front and back glides. The goal is to develop front and back crawl and to introduce components of the breaststroke and butterfly.

Levels 5 & 6 • Swim Team Prep

Prerequisite: Must be able to swim 25 yards using a front stroke without assistance and tread water for 30 seconds. Lessons will be conducted simultaneously in the Lap Pool, with groups divided by skill level and instructed by our experienced Y Blue Sharks coaches. These sessions are designed as off-season, pre-team competitive swim lessons, focusing on enhancing breathing techniques, stroke mechanics, diving skills and more.