



# WATERTOWN FAMILY YMCA

## Aquatic Skill Levels

### Parent & Tot A • Water Discovery

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

### Parent & Tot B • Water Exploration

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

### Level 1 • Water Acclimation

**Prerequisite:** Minimum 4 years of age with the ability to be in the water without a parent. **Goal:** To increase comfort in the water while developing basic skills to propel and glide with instructor assistance. Skills include front/back floats, monkey crawls, and submersion using a backpack and noodle. Parents must remain on the pool deck.

### Level 2 • Water Movement

**Prerequisite:** Swimmer must be comfortable in the water without the assistance of a flotation device. **Goal:** To encourage independent forward and backward motion while developing skills to propel and glide without instructor assistance. Parents must remain on the pool deck.

### Level 3 and 3LAP • Water Stamina

**Prerequisite:** Able to perform unassisted front/back glides and floats, and able to submerge. **3LAP Level Prerequisite:** You must be able to swim front crawl 25 yards, tread for 1 minute and finish with 25 yard front crawl swim. **Goal:** To promote independent motion in the water while integrating arm and leg action with rhythmic breathing. Parents must remain on the pool deck.

### Level 4 • Stroke Introduction

**Prerequisite:** You must be able to swim front crawl 25 yards, tread for 1 minute and finish with 25 yard front crawl swim. **Goal:** To develop front and back crawl techniques and introduce components of breaststroke and butterfly.

### Level 5/6

**Prerequisite:** You must be able to swim front crawl 25 yards, tread for 1 minute and finish with 25 yard front crawl swim. **Goal:** Lessons in the lap pool are grouped by skill level to enhance techniques, stroke mechanics, diving skills, and more.