



WATERTOWN FAMILY YMCA

Aquatic Skill Levels

Parent & Tot • Water Discovery (Min. 6 months)

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.

Level 1 • Water Acclimation (Min. 4 years)

Prerequisite: 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. Parents must remain on the pool deck.

Level 2 • Water Movement

Prerequisite: Swimmer must be comfortable in the water without 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 • Water Stamina

Prerequisite: Able to perform unassisted front/back glides, floats, and submerge. Goal: Promote independent motion while integrating arms, legs, and rhythmic breathing. Parents must remain on the pool deck.

Level 4 • Stroke Introduction

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

Levels 5/6 • Stroke Development/Mechanics

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