



# 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.