



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6–18 months
INFANT:
PARENT/BABY



18 months –3 years
TODDLER:
PARENT/CHILD



3–16 years
YOUTH:
LEVELS 1–6



17+ years
ADULT:
ADULT CLASS

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Do you want to introduce your 6–18 month old to the aquatic environment?

REGISTER FOR

PARENT/BABY

Do you want to introduce your 18 month – 3 year old to the aquatic environment?

REGISTER FOR

PARENT/CHILD

Is the student comfortable being without a parent in the water and is new to group swim lessons?

REGISTER FOR

LEVEL 1

Can the student go under the water voluntarily but is unable to float or swim independently?

REGISTER FOR

LEVEL 2

Can the student float on their own and can swim independently for no more than 5 yards?

REGISTER FOR

LEVEL 3

Can the student swim no more than 10 yards on both their front and back?

REGISTER FOR

LEVEL 4

Can the student swim front crawl with rotary breathing and back stroke no more than 20 yards confidently?

REGISTER FOR

LEVEL 5

Can the student swim front crawl, back stroke, and breaststroke across the pool and back confidently?

REGISTER FOR

LEVEL 6

Is the student at least 17 years old and wants to be more comfortable or confident in the aquatics environment?

REGISTER FOR

ADULT CLASS

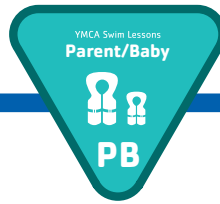
*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



LEVEL DESCRIPTIONS

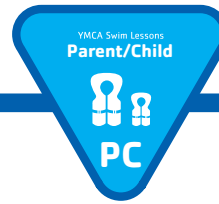
SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



PARENT/BABY

This level provides a space place for both parents and babies to bond as they are introduced to the pool environment through song and movement.



PARENT/CHILD

Parents and children build comfortability and confidence in the water by exploring fundamental safety and aquatic skills through song, movements, and floats.

SWIM BASICS

Students learn personal water safety and achieve competency by learning the fundamentals of swimming with emphasis on mastering two benchmark water safety skills:

- Swim, float, swim
- Jump, push, turn, grab



LEVEL 1

Students develop comfort with water exploration and water confidence by introducing basic self-rescue and swimming skills. This level lays the foundation that allows for a student's future progress in swimming.



LEVEL 2

In level 2, students focus on building their independence in the water through activities such as unassisted floats, water retrievals, rolls, glides, and forward movement in the water.



LEVEL 3

Students in this level explore introductory stroke mechanics in a variety of strokes while focusing on rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



LEVEL 4

Students in level 4 develop stroke techniques and treading, are introduced to diving and additional strokes, and focus on their endurance in the water.



LEVEL 5

Students in level 5 focus on their stroke technique while learning all major competitive strokes. Endurance is reinforced and diving skills are refined.



LEVEL 6

In level 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

MINOT FAMILY YMCA
3515 16TH ST SW, MINOT ND

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.