

# YOUTH SWIM LESSONS



## SWIM LEVELS

### PARENT/CHILD SWIM

Students develop comfort in and around the water through skills such as safely entering and exiting the water, blowing bubbles, and floating.

### 1/ INTRO TO WATER SKILLS

Students develop comfort in and around the water through skills such as safely entering and exiting the water, blowing bubbles, and floating.

### 2/ FUNDAMENTAL SKILLS

Students begin to explore underwater and swim without support using combined arm and leg action on both their front and back.

### 3/ STROKE DEVELOPMENT

Students gain confidence in deep water, swim longer distances, and learn new strokes.

### 4/ STROKE IMPROVEMENT

Students continue to build stroke technique, increase their endurance, and develop new strokes such as breaststroke and butterfly.

### 5/ STROKE REFINEMENT

Students refine their stroke technique, learn competitive swimming skills such as diving and flip turns, and continue to build endurance through longer swimming distances.

### 6/ ADVANCED FITNESS

Students further develop skills that encourage swimming after youth lessons are completed. Students build endurance, learn lifeguard skills, and further develop familiarity with competitive swimming. This course includes a 500 yard swim, individual medley, and treading water without hands.

**Learn more and register online at**  
**[alexandriaymca.com/swimlessons](http://alexandriaymca.com/swimlessons)**

