

# AQUATICS

## STAGE DESCRIPTIONS



Geyer Family YMCA PARENT/CHILD

Park Street YMCA YOUTH, TEEN & ADULT  
Geyer Family YMCA PRESCHOOL (3-5) AND SCHOOLAGE (6-9)

# A

Water  
Discovery

### A / WATER DISCOVERY

Parents and caregivers accompany their child in Stage A. Water Discovery introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

# B

Water  
Exploration

### B / WATER EXPLORATION

A parents or caregiver accompanies the child in Stage B. Water Exploration focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

# B+

Water  
Exploration

### B+ WATER EXPLORATION

B+ starts out as a Parent/Child Stage B Class but ends as a Child Only Stage 1 Class. The child will take turns going with the parent and then with one of the instructors. The goal is to slowly have the parent participation phased out.

# 1

Water  
Acclimation

### 1 / WATER ACCLIMATION

Water Acclimation increases students' comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. In this child only class, instructors will help develop your child's basic skills to propel and glide through the water with assistance; teach participants about basic water safety and how to be responsible for their own decisions to help keep them safe.

# 2

Water  
Movement

### 2 / WATER MOVEMENT

In the Water Movement Stage, students focus on forward movement in the water and basic self-rescue skills performed independently. Milestones worked on in this stage are: explore the aquatic environment using personal skills without instructor help; develop basic skills to propel and glide through the water without instructor help and about basic water safety and how to be responsible for their own decisions to help keep them safe.

# 3

Water  
Stamina

### 3 / WATER STAMINA

The Water Stamina Stage develops intermediate self-rescue skills performed at longer distances than in previous stages. Milestones worked on in this stage include: integrating arm action, leg action and rhythmic breathing in back and front glides; developing forward movement on the front and back and practicing skills and safety techniques in deep water.

# 4

Stroke  
Introduction

### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

# 5

Stroke  
Development

### 5 / STROKE DEVELOPMENT

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

# 6

Stroke  
Mechanics

### 6 / STROKE MECHANICS

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