



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PRESCHOOL SWIM LESSONS

3 Years – 5 Years | Stages 1-4

Stage 1: Water Acclimation

A beginner class with flotation where children learn to be comfortable in the water without a parent.



Stage 2: Water Movement

A beginner / intermediate level class where students will put their face in the water, swim up to 5 feet (from the wall to the T-sign) without a flotation device, and learn how to be comfortable on their back without a flotation device.

Stage 3: Water Stamina

An intermediate class where students will swim up to 15 feet (from the wall to the flags) with their face in water and their arms out of water without a flotation device. Students will also learn how to swim up to 15 feet on their back without a flotation device.

Stage 4: Stroke Introduction

An advanced class where students will swim one length of the pool on their back and facing front in the water without a flotation device. Students will also learn how to tread water for up to 30 seconds.