Find the right level for your child!

the YMCA SWIM LESSON SELECTOR

Is your child comfortable putting their face in the water?

No →

Yes →

Can your child swim 10 – 15 feet independently?

No →

Yes →

Can your child swim freestyle with rotary breathing for entire length of the pool?

Yes →



Guppy Group

Swim Starters

Ages 6 – 36 months

Parent + child in the water

PERFECT FOR CHILDREN WHO ARE:

- New to the water
- Learning to feel comfortable in the pool with a parent
- Beginning to explore water through play

SKILLS FOCUSED ON:

- Water comfort and confidence
- Blowing bubbles and face wetting
- Assisted floating and kicking
- Safe entries and exits
- Parent-child water interaction



Turtle Group

Stage 1: Water Acclimation

Ideal for swimmers who are new to the water

PERFECT FOR CHILDREN WHO ARE:

- New swimmers
- Learning to feel comfortable in the water without a parent
- Beginning to put their face in the water

SKILLS FOCUSED ON:

- Submerging face in water
- Assisted floating on front and back
- Short glides through the water
- Jumping into the pool safely
- Independent pool exits



Seahorse Group

Stage 2: Water Movement

PERFECT FOR CHILDREN WHO ARE:

- Comfortable putting their face in the water
- Ready to move independently through the water
- Learning basic floating and kicking skills

SKILLS FOCUSED ON:

- Independent floating (front + back)
- Front and back glides
- Basic kicking and body position
- Retrieving objects underwater
- Beginning coordinated movement



Stingray Group

Stage 3: Water Stamina

PERFECT FOR CHILDREN WHO ARE:

- Beginning to swim short distances independently
- Ready to build endurance in the water
- Beginning to swim on both front and back

SKILLS FOCUSED ON:

- Swimming longer distances
- Front crawl + back crawl development
- Retrieving objects underwater
- Improved body position + breathing



Dolphin Group

Stage 4: Stroke Introduction

PERFECT FOR CHILDREN WHO ARE:

- Comfortable swimming multiple lengths
- Ready to learn coordinated swim strokes
- Interested in improving endurance and technique

SKILLS FOCUSED ON:

- Front crawl (freestyle)
- Back crawl (backstroke)
- Breaststroke kick & coordination
- Diving and water safety skills
- Coordination and stroke mechanics



Storm Prep Academy

Pre-Competitive Program

Instructor-led

PERFECT FOR CHILDREN WHO ARE:

- Have completed Stage 4
- Are ready to refine swim strokes and build endurance
- Are interested in preparing for swim team
- Recommended by instructor

SKILLS FOCUSED ON:

- Front crawl with side breathing
- Back crawl with consistent body position
- Breaststroke kick and timing
- Introduction to butterfly kick
- Treading water + deep water skills

NOT SURE WHERE TO START?
Our instructors can help you choose the right swim lesson level.

TEENS + ADULT SWIM LESSONS
Classes are available for swimmers ages 13 & older.

Alamance County Community YMCA
1346 S. Main Street, Burlington, NC 27215

Questions? Contact Solaris Anderson at swim.lessons@acymca.org