2024 Summer Swim Lessons

With more than 110 years’ experience equipping people with the skills they need to stay safe in and around water, the Y is America’s most trusted swim instructor. Swimmers will learn to be comfortable in the water and develop swim readiness skills through fun and confidence building exercises. Children, teens, and adults will learn personal safety, personal growth, stroke development, water sports & games, and rescue to develop a life-long passion for swimming and water activities.

Use the YMCA Lesson Selector on the back or ask the Welcome Center for assistance in choosing the correct stage for your child.

Registration: Online at ymcasatx.org/davisscott, snap code or in person at the Davis-Scott Family Y location.

Financial assistance, up to 30% off is available for those who qualify. See Welcome Desk for details.

MAKE-UP POLICY: For each session of lessons, we will only conduct make-up lessons due to facility cancellations, not personal absence. There are no refunds given for the current session after the first lesson.

YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.
# Lesson Selector

**What Age Group Does the Student Fall Into?**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Stage</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months–3 years</td>
<td>PARENT* &amp; CHILD: STAGES A–B</td>
</tr>
<tr>
<td>3 years–5 years</td>
<td>PRESCHOOL: STAGES 1–4</td>
</tr>
<tr>
<td>5 years–12 years</td>
<td>SCHOOL AGE: STAGES 1–6</td>
</tr>
<tr>
<td>12+ years</td>
<td>TEEN &amp; ADULT: STAGES 1–6</td>
</tr>
</tbody>
</table>

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

**Which Stage Is the Student Ready For?**

- **Can the student respond to verbal cues and jump on land?**
  - **NOT YET** A / WATER DISCOVERY
- **Is the student comfortable working with an instructor without a parent in the water?**
  - **NOT YET** B / WATER EXPLORATION
- **Will the student go underwater voluntarily?**
  - **NOT YET** 1 / WATER ACCLIMATION
- **Can the student do a front and back float on his or her own?**
  - **NOT YET** 2 / WATER MOVEMENT
- **Can the student swim 10–15 yards on his or her front and back?**
  - **NOT YET** 3 / WATER STAMINA
- **Can the student swim 15 yards of front and back crawl?**
  - **NOT YET** 4 / STROKE INTRODUCTION
- **Can the student swim front crawl, back crawl, and breaststroke across the pool?**
  - **NOT YET** 5 / STROKE DEVELOPMENT
- **Can the student swim front crawl, back crawl, and breaststroke across the pool and back?**
  - **NOT YET** 6 / STROKE MECHANICS

---

*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.*