



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY






Portage Township YMCA Swim Lessons

Monthly 4-week Lessons

See Website or Online Registration for Dates & Details

Member: \$50/segment Non-Member \$75/segment

at Lakeland Park Lake
 1200 Lakeland Park Drive, Burns Harbor, IN 46304

PARENT/TOT		6 months - 36 months			30 minutes	
Levels 1 & 2		3 - 11 years			30 minutes	
Level 4+		3 - 11 years			40 minutes	
						
	STAGE A (Parent/Tot)	STAGE B (Parent/Tot)	STAGE 1	STAGE 2	STAGE 3	
TUES / THURS	9:00 AM 6:00 PM	9:00 AM 6:00 PM	9:00 AM 6:00 PM 6:30 PM	9:30 AM 6:30 PM 7:00 PM	9:30 AM 7:00 PM	
YOUTH (6 - 14 years) 30 minutes						
						
	STAGE 1	STAGE 2	STAGE 3	STAGE 4 PRE-TEAM	ADULT LESSONS	
TUES / THURS	9:00 AM 6:00 PM	9:30 AM 6:30 PM 7:00 PM	9:30 AM 7:00 PM	8:30 AM 7:30 PM	8:30 AM 7:30 PM	



Safety Around Water (SAW) FREE to All. Ages 4-14 years.
 Returning Fall 2020

QUESTIONS?

Contact Brianna Manning, Enrichment & Recreation Coordinator, BManning@ymcaofportage



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LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

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.