



Bridgeport YMCA Swim Levels

To enroll in:	Level	Age	American Red Cross Level	Ability
Inia	With parent	6 months - 2 years		Introduction to the water thru fun and games
Perch	With parent	2 - 4 years		Begins to move independently in water
Pike	No parent	3 - 6 years	1	Timid swimmer, needs help in water
Eel	No parent	3 - 6 years	2	Able to put face in water, can move with flotation device on <u>without</u> teacher's help
Ray	No parent	3 - 6 years	3	Can swim width of pool <u>without</u> flotation device, length of pool <u>with</u> flotation device
Polliwog	Beginner	7 - 12 years	2	Beginner, comfortable in the water
Guppy	Advanced Beginner	7 - 12 years	3	Can swim width of pool <u>without</u> flotation device, length of pool <u>with</u> flotation device
Minnow	Intermediate	7 - 12 years	4	Swim 20 yards freestyle (front crawl) with rotary breathing, backstrokes
Fish	Advanced	8 - 15 years	5	Swim 40 yards freestyle (front crawl) with rotary breathing, backstroke, elementary backstroke
Flying Fish	Advanced	8 - 15 years	6	Swim 100 yards freestyle (front crawl) with rotary breathing, backstroke, breaststroke, butterfly, tread water for 3 minutes
Shark	Pre- Competitive	8 - 15 years	7	Swim 100 yards freestyle (front crawl) with rotary breathing, backstroke, breaststroke, butterfly, tread water for 6 minutes