



**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SWIM LESSON LEVELS & DESCRIPTIONS

OUR PARENT AND CHILD SWIM LESSON PROGRAM

Our parent and child aquatic program is designed to both teach basic water safety skills to children, and teach parents/guardians how to facilitate the learning of those skills during and outside of swim class. Our aquatic team is dedicated to providing a fun and positive environment for the children and parents.

Shrimp

Kids in this class must be at least 6 months old and should have strong head control.

Kipper

Children in this class must be at least 9 months old, and should sit unassisted and stand with support.

Inia

Children must be 13 months old, and should be able to stand unsupported and walk with assistance.

Perch

Children must be 19 months old, and should be able to run and jump and work towards propelling through the water with flotation.

Parent and Pike

Children must be 30 months old (2 ½ years), but are not ready for our youth swim lesson program. Parents will work with their children on transitions to/from

the instructor while learning basic water safety and swimming skills to enable a smooth transition to the youth swim lesson program.

OUR YOUTH SWIM LESSON PROGRAM

Our youth aquatics program is dedicated to teaching students personal water safety, stroke development, water sports and games, rescue and personal growth skills to children. Through a student-centered approach, our program is taught in groups based on age as well as skill which allows children to learn at their own pace with their peers and the guidance of our aquatic team.

Ages 3-5

Pike (Beginner I)

Child must be comfortable in the water with a swim instructor and independent of a parent for the duration of the class. Pikes adjust to the water and develop independent movement. Instructors teach basic stroke and kicking skills, floating and pool safety.

Eel (Beginner II)

Children must be able to swim five feet with face in the water and no floatation device. Eels are taught to float, kick and perform progressive arm movements across the pool.

Ray (Advanced Beginner I)

Participants must be able to swim 15 feet with his or her face in the water and no floatation device. Rays will focus on the improvement of front crawl, back crawl, sidestroke, and advanced water safety skills.

Starfish (Advanced Beginner II)

Swimmers must be able to swim 20 yards with rhythmic breathing for front crawl and no floatation. Starfish will improve on their endurance for front crawl, back crawl, and sidestroke while being introduced to the arm and leg movements for breaststroke.

Ages 6-12

Polliwog (Beginner)

Participants are introduced to the aquatic environment and learn basic swimming skills like front crawl kicking and arms, gliding from the wall with their faces in the water, and floating.

Guppy (Advanced Beginner)

Children must be able to swim 20 feet without floatation. Guppies will focus on learning proper front crawl technique with rhythmic breathing, increasing backstroke endurance, and improving sidestroke efficiency.

Minnow (Intermediate)

Swimmers must be able to swim with proper front crawl and back crawl technique for

25 yards. Minnows will increase their swim endurance while they advance their technique and learn breaststroke movements.

Fish (Advanced I)

Participants must be able to complete freestyle and backstroke for a continuous 50 yards, and rudimentary breaststroke for 25 yards. Fish will improve their freestyle and backstroke endurance, learn proper technique for breaststroke, and be introduced to butterfly.

Flying Fish (Advanced II)

Swimmers must be able to complete a continuous 100 yards in freestyle and breaststroke, 50 yards of continuous of breaststroke, and 25 yards of butterfly.

ADULT LESSONS

Our adult swim lessons are for individuals 13 years of age and up. Class size is limited to ten and the structure of the class will be based on the level of swimmers in the class. The goal of these lessons is to make adults competent, confident, and successful swimmers.

BRIDGEPORT YMCA

A Branch of the Central Connecticut Coast YMCA

850 Park Avenue, Bridgeport CT 06604

P 203 334 5551 F 203 334 4827 W www.stratfordymca.org

FOR YOUTH DEVELOPMENT

SWIM • SPORTS • PLAY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S.K.I.P. 6 - 36 months 30 minutes						9:30 am	
Pike 3 - 5 years 30 minutes		4:20 pm		4:20 pm		10:05 am 10:40 am	
Eel 3 - 5 years 30 minutes		4:20 pm		4:20 pm		10:05 am	
Ray 3 - 5 years 30 minutes						9:30 am	
Polliwog 6 - 12 years 30 minutes		4:55 pm		4:55 pm		10:40 am 11:15 am 11:50 am	
Guppy 6 - 12 years 30 minutes		4:55 pm		4:55 pm		11:50 am	
Minnow 6 - 12 years 45 minutes		5:30 pm		5:30 pm		12:25 pm	
Fish/Flying Fish 6 - 12 years 45 minutes		5:30 pm		5:30 pm		12:25 pm	
Adult 13+ years 45 minutes						1:15 pm	

WINTER II

February 25—April 21
Meet once a week for 8 weeks

Y Member Registration: 2/4/13
Community Registration: 2/11/13

SPRING I

April 22—June 16
Meet once a week for 8 weeks

Y Member Registration: 4/1/13
Community Registration: 4/8/13

SWIM LESSON PROGRAM FEES

30 minute lessons—
Y Members: \$63
Community: \$126

45 minute lessons—
Y Members: \$75
Community: \$150

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