



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSON LEVELS & DESCRIPTIONS

Parent/Child Program (S.K.I.P.) 6 to 36 months 1:10-12 ratio

Shrimp: At 6 months of age, it is a prime time to begin water adjustment. Your child must have solid head control and can sit upright with support from the hands. Our goal for this class is to provide a positive parent/child experience and opportunity to build the parent/child relationship. **(6 to 8 months)**

Kipper: At 9 months of age, your child should sit upright without support and stand with support from the hands. In this class your child is beginning to learn basic water skills such as kicking, breathing, and body control. **(9 to 12 months)**

Inia: At 13 months of age, your child should stand without support and walk with or without support or aid. The goal for this class is to encourage your child's growing independence as well as teach purposeful movements in the water with visual and verbal cues. **(13 to 18 months)**

Perch: At 19 months of age, your child should run and jump. At this stage your child is encouraged to explore their aquatic environment and their own skills with the assistance of their parent. The goal for this level includes propelling oneself through the water and the transition to the preschool levels. **(19 to 36 months)**

Preschool Program (P.E.R.S) 3 to 5 years

Pike: The beginner swimmer; children who are first being exposed to water or have a concern of getting their face wet or being submerged are best placed in this level. In these classes the instructor will work with your child to gain comfort in the water while working on basic swimming skills. **1:6 ratio**

Eel: In this level, your child must be comfortable in the water; they will jump in the water and have no concern of getting their face wet or submerging. The instructor will work with your child to move from a vertical swim position to a horizontal swimming position. **1:6 ratio**

Ray: At this level your child is able to swim independently and at least 15 feet or 5 yards without any flotation device. In this level we will work to improve stroke form and endurance for both front crawl and backstroke. **1:6 ratio**

Starfish: The most advanced Preschool level, the Starfish is a child who can swim 75 feet or 25 yards without assistance. Your child will refine their primary strokes and begin to learn the skills for more advanced swimming strokes. **1:6 ratio**

Progressive Program 6 to 12 years

Polliwog: The beginner swimmer; children who are first being exposed to water or have a concern of getting their face wet or being submerged are best placed in this level. In these classes the instructor will work with your child to gain comfort in the water while working on basic swimming skills. **1:8 ratio**

Guppy: The advanced beginner; children who have no concern of getting their face wet or being submerged as well as can swim 75 feet or 25 yards without assistance. Your child will refine their primary strokes and begin to learn the skills for more advanced swimming strokes. **1:8 ratio**

Minnow: The intermediate swimmer, your child must be able to swim 50 yards on front and back without a flotation device with refined rotary breathing. We will teach your child the beginnings of sidestroke, breaststroke, and elementary backstroke as well as learn how to swim the dolphin kick. **1:10 ratio**

Fish: In this level your child must be able to swim 75 yards on front and back without a flotation device with refined rotary breathing using open turns. Your child will finalize their competency for sidestroke, breaststroke, and elementary backstroke as well as learn how to swim the butterfly. **1:10 ratio**

Flying Fish: Your child must be able to swim front crawl and backstroke for 100 yards, elementary backstroke and side stroke 50 yards. We will finalize the butterfly as well as begin to learn junior lifeguard skills. All strokes will be refined to top performance. **1:10 ratio**

Shark: At the most advanced level your child will swim all levels proficiently with an ability to use both open and flip turns. A successful 200 IM (Individual Medley) can be completed in top performance. In this final level we teach 2 retired strokes in the Trudgen Crawl and the Inverted Breaststroke. **1:10 ratio**

Porpoise Club: A pre-swim team class aimed at working on stroking technique, endurance and skills; students will work on starts and flip turns as well. This is also a program designed around the future lifeguard; teaching important life saving techniques in and around water on a more specific and advanced level. Prior to enrolling students need to be able to complete the Flying Fish/Shark levels. **1:15 ratio**

If you have any questions please contact:

Lindsay C DeMartino
Aquatics Director
P 203 481 9622 ext 3212
E ldemartino@cccymca.org

SOUNDVIEW FAMILY YMCA

A Branch of the Central Connecticut Coast YMCA

628 East Main Street, Branford CT 06405

P 203 481 9622 F 203 481 9363 W soundviewymca.org

FOR YOUTH DEVELOPMENT

SWIM • SPORTS • PLAY

| Program | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|----------------------|--------------|--------------|--------------|----------------------|----------------|--------------|
| Parent/Child (30 min) (6 - 36 months) | 11:00 | | | | 11:00 | 11:00 11:35 | 3:40 |
| Pike (30 min) (3 - 5 years) | 9:30 4:00 4:30 | 1:30 4:30 | 4:00 4:30 | 1:30 4:30 | 9:30 4:00 4:30 | 9:00 11:35 | 2:00 2:30 |
| Eel (30 min) (3 - 5 years) | 10:00 4:30 | 2:00 5:00 | 4:30 | 2:00 5:00 | 10:00 4:30 | 10:25 11:00 | 2:30 |
| Ray/Starfish (30 min) (3 - 5 years) | 10:30 5:00 | 2:30 5:00 | 5:00 | 2:30 5:00 | 10:30 5:00 | 11:00 | |
| Polliwog (30 min) (6 - 12 years) | 5:00 | 5:30 | 5:00 | 5:30 | 5:00 | 10:25 | 3:05 |
| Guppy (30 min) (6 - 12 years) | 5:30 | 5:30 | 5:30 | 5:30 | 5:30 | 10:25 | 3:05 |
| Minnow (45 min) (6 - 12 years) | 5:30 | | 5:30 | | 5:30 | 9:35 | 3:40 |
| Fish (45 min) (6 - 12 years) | | 6:00 | | 6:00 | | 9:35 | 4:25 |
| Flying Fish/Shark (6 - 12 years) (45 min) | | 6:00 | | 6:00 | | 9:35 | 4:25 |
| Porpoise Club (1 hr) (9- 14 years) | | | | 7:00 | | 10:00 | |
| Super Special (45 min) (3 - 5 years) | | | | | | 12:05 | |
| Super Special (45 min) (6 - 12 years) | | | | | | 12:50 | |
| Teen/Adult (30 min) (13 years +) | | | | | | 9:00 | |

FALL I

September 2 - October 26

FALL II

October 27 - December 21

NO CLASSES

NOVEMBER 27

SWIM LESSONS

Members: \$82



SOUNDVIEW FAMILY YMCA

A Branch of the Central Connecticut Coast YMCA

628 East Main Street, Branford CT 06405

P 203 481 9622 F 203 481 9363 W soundviewymca.org