



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

SWIM LESSON LEVELS & DESCRIPTIONS

AGES 6 TO 36 MONTHS

SKIP (Parent & Child)

Parents learn to work with their children in the water. Class focuses on safe water exploration and water adjustment with the help of fun songs and games. **1:10 class ratio**

AGES 32 MONTHS TO 5 YEARS

SEAHORSE (Beginner)

Instructors work with parents on nurturing a smooth transition from parent & child classes to YMCA group lessons. Class emphasizes safe swim lesson skills and the core values of the Y. **1:6 class ratio**

AGES 3 TO 5 YEARS

PIKE (Beginner)

Class focuses on pool safety, water adjustment, proper breathing, and developing independent movement for basic arm strokes and kicking. **1:6 class ratio**

EEL (Intermediate Beginner)

For children who advance from Pike, are comfortable submerging, and can consis-

Valley YMCA

A Branch of the Central Connecticut Coast YMCA

12 State St. Ansonia, CT 06401

tently swim on their back and front for at least 5 feet without flotation.

1:6 class ratio

RAY (Advanced Beginner)

For children who advance from Eel and are able to swim on their front and back for at least 15 yards. Instructors focus on proper stroke development and stroke endurance.

1:6 class ratio

AGES 6 TO 12 YEARS

POLLIWOG (Beginner)

Instructors work with students on water adjustment skills to learn basic swimming skills. This class is meant to develop non-swimmers into advanced beginners.

1:8 class ratio

GUPPY (Advanced Beginner)

Participants work on developing stronger freestyle and backstroke. Children in this class must be able to swim at least 15 yards on their front and back without assistance or flotation, and fully submerge.

1:8 class ratio

MINNOW (Intermediate)

Children in the Minnow classes are able to swim 25 yards of freestyle, backstroke, and beginning breaststroke with no assistance or flotation. These swimmers will learn more advanced techniques and increase endurance as well as be introduced to butterfly. **1:8 class ratio**

FISH (Advanced)

Swimmers in Fish are able to continuously swim 50 yards of all four strokes. Instructors dedicate their time to the enhancement of endurance and the emphasis of a healthy lifestyle through swimming.

1:10 class ratio

AGES 13 AND UP

ADULT

Participants in this class range from beginners to intermediate. Your swim lesson is customized to the group as well as the individual as the instructor works with you on achieving your goals in the pool (and out). **1:8 class ratio**

For more information, please contact **Mark LaFortune, Director of Aquatics**, at 203 736 1435 or mlafortune@cccymca.org



FOR YOUTH DEVELOPMENT

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SKIP (6 - 36 months)					11:30	10:30	
Seahorse (2 1/2 - 5 years)						11:00	
Pike (3 - 5 years)	3:45	3:45				8:30 9:55 11:15	
Eel (3 - 5 years)	4:15	5:00				8:30 9:55 11:15	
Ray (3 - 5 years)			3:45			8:30 9:55	
Polliwog (6 - 12 years)			4:15			9:05 10:30	
Guppy (6 - 12 years)		4:15				9:05 10:30	
Minnow (6 - 12 years)						11:30	
Fish (6 - 12 years)						9:05	
Adult (13 years +)			7:00				
Stroke Clinic (6-17 years)	5:30-6:30		5:30-6:30		5:30-6:30		
Swim Team	5:30-7:30	5:30-7:30	5:30-7:30	5:30-7:30	5:30-7:30		
Valley YMCA	All Groups		All Groups		All Groups		

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FALL I

August 29 - October 22

Member Registration: July 30

FALL II

October 24- December 17

**NO CLASSES LABOR DAY-
MONDAY SEPTEMBER 5,**

PARENT/CHILD & PRESCHOOL

Members: \$55

Non-Members: \$110

PROGRESSIVE

Members: \$65

STROKE CLINIC

Members: \$90 Non-Members: \$180

SWIM TEAM

Members: \$375