



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.

### AGES 6 TO 36 MONTHS

**1:12 class ratio**

#### 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.

### AGES 2 TO 4 YEARS

#### Parent and Pike

**(formerly Pre-Pike) 1:3 class ratio**

Children must be 24 months old, 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 TO 5 YEARS

#### Pike 1:4 class ratio

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 1:4 class ratio

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

#### Ray 1:6 class ratio

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

#### Starfish 1:6 class ratio

Swimmers must be able to swim 20 yards with rhythmic breathing for front crawl and no flotation. 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 TO 12 YEARS

#### Polliwog 1:6 class ratio

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 1:6 class ratio

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

#### Minnow 1:8 class ratio

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/Flying Fish 1:8 class ratio

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. 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.

#### Shark 1:8 class ratio

Swimmers must be able to complete a continuous 100 yards (with open turns) of freestyle with breathing to both sides, backstroke, and breaststroke. Participants must also be able to swim 50 yards of continuous butterfly with good technique. Sharks will focus on increased endurance, learning flip-turns, and racing starts.

#### Porpoise 1:8 class ratio

Swimmers must be able to demonstrate a 100 yard breaststroke with proper pullout, backstroke with proper pushoff, freestyle with proper start and flipturns, and legal butterfly. Porpoise will focus on advanced swimming technique and will work towards completing a continuous 200 yard individual medley (50 yards butterfly, 50 backstroke, 50 yards breaststroke, 50 yards freestyle).

### AGES 13 AND UP

#### TEEN/ADULT 1:8 class ratio

This class is for teens and adults who have not had swimming lessons before or who are not comfortable in the water. Basic swimming skills and personal water safety skills are taught. **1:8 class ratio**

#### ADAPTIVE AQUATICS (Ages 3 and up)

This program is open to all individuals with cognitive and/or physical disabilities and is designed to provide a positive recreational and educational experience for participants. Existing YMCA Swim Lesson Programs will be adapted to meet the individual needs. This program is for all levels of swimmers. An adult may accompany if needed.

**1:1 class ratio**

# FOR YOUTH DEVELOPMENT

## SWIM • SPORTS • PLAY

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SKIP</b> (6 - 36 months)						10:30	
<b>Shrimp/Kipper</b> (6 - 18 months)							10:00
<b>Inia/Perch</b> (18-36 months)							10:30
<b>Parent and Pike</b> (2 - 4 years)	12:45	3:30	10:00 3:30	3:30 4:30	10:00 3:30	3:30	10:30 12:30
<b>Pike</b> (3 - 5 years)	9:30 11:00	9:00 10:30 4:00	5:00 6:00	10:00 5:00	9:00 10:30 4:00 4:30	10:00 4:00	8:30 9:30 11:00 1:30 2:30
<b>Eel</b> (3 - 5 years)	10:00 11:45	9:30 4:30 6:00	9:00 4:00 5:30	9:30 4:00 5:30 6:00	5:00 6:00	9:30 4:30 6:00	8:30 9:30 11:45 2:00
<b>Ray</b> (3 - 5 years)	10:30	10:00 5:00	9:30 4:30	9:00	9:30 5:30	5:00	9:00 10:00
<b>Starfish</b> (3 - 5 years)		5:30				9:00 5:30	9:00
<b>Polliwog</b> (6 - 12 years)	9:15	4:00	6:15	5:30	4:45	4:00	8:15 10:30
<b>Guppy</b> (6 - 12 years)	10:00	4:45	4:00	6:15	4:00 5:30	4:45	9:00 11:30
<b>Minnow</b> (6 - 12 years)	10:45	5:30	4:45	4:00	6:15	5:30	9:00 9:45
<b>Fish/Flying Fish</b> (6 - 12 years)		6:15	5:30	4:45			9:45 10:30
<b>Shark</b> (6 - 12 years)			7:00				8:15
<b>Porpoise Club</b> (6 - 12 years)	11:45						
<b>Teen/Adult</b> (13 years +)					7:00		
<b>Adaptive Aquatics</b> (Ages 3 and up)	2:00 2:30 3:00 3:30 4:00				6:00 6:30 7:00 7:30		

### SPRING SESSION I (8WEEKS OR 7 WEEKS)

February 26—April 21

Member Registration: February 6

Community Member Registration: February 13

**NO CLASS: Good Friday, April 6 & Easter Sunday, April 8**

#### **PARENT/CHILD & PRESCHOOL**

**30 minutes**

Members: \$75/ \$66

Non-Members: \$150/ \$132

#### **ADAPTIVE AQUATICS**

**30 minutes**

Members: \$82/ \$72

Non-Members: \$164/ \$144

#### **YOUTH/TEEN&ADULT**

**45 minutes**

Members: \$82/ \$72

Non-Members: \$164/ \$144

#### **PORPOISE CLUB**

**60 minutes**

Members: \$79

Non-Members: \$158