

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

The YMCA has been teaching swimming lessons to children and adults for over 100 years. Our goals are to guide each individual through the National Swim Lesson program so that each participant's skills become proficient and, more importantly, that each student has a complete understanding of water safety. The YMCA offers swim lessons for all ages and skill levels.

Preschool Programs (3-5 years)



Pike

Class Description: This level is for the beginner. The main emphasis at this level is to help the child develop safe pool behavior, adjust to the water, and develop independent movement in the water. Pike teaches basic paddle stroke and kicking skills, pool safety, proper use of IFD's and PFD's, and comfort with holding the face in the water while blowing bubbles and swimming.



Eel

Class Description: This is an intermediate level for the swimmer who can move throughout the water independently with or without the aid of a float belt. The child should be able to swim 10 yards on the front, back and side with a float belt and 5 ft. without. Children are taught to dive, float, and perform the progressive paddle stroke. They also learn basic boating safety and use of PFD's. Children can swim 25 yards, without assistance and with a float belt.



Ray

Class Description: This is a more advanced level for the child who can swim on their front, back and side 25 yards with a float belt and 15 ft. without. At this level children improve stroke skills (including rotary breathing), learn more personal safety, rescue skills, build endurance by swimming on their front and back, and learn to tread water and perform kneeling and standing dives. Children can swim 20 ft. of the pool w/out a float belt on their front, back and side by the end of this level. **Note:** Ray and Starfish are taught together.



Starfish

Class Description: This is the creative level for children who are comfortable in the water and can swim 25 yards with an IFD and 20 ft. without. Emphasis is placed on endurance, front and back crawl, modified breaststroke and butterfly, and personal, safety, and rescue skills. **Note:** Ray and Starfish are taught together.

Youth Programs (6-12 years)



Polliwog

Class Description: This is the beginning level for school-age children. It gets children acquainted with the pool, the use of flotation devices and floating. By the end of this level, they should know the front paddle stroke, side, and back paddle. Children can swim 25 yards, of the pool on their front, back, and side, wearing a float belt, by the end of this level.



Guppy

Class Description: This advanced beginner level is for children that can swim one length of the pool on their front, back, and side for 25 yards with a float belt. The children continue to practice and build upon basic skills. They are introduced to the lead up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. More skills are taught as well as some diving skills. Children can swim 25 yards of the pool on their front and back using alternating and symmetrical paddles and 25 yards on their side by the end of this level.



Minnow

Class Description: This intermediate level is for children who can swim 25 yards of the pool on their front and back using alternating and symmetrical paddles and 25 yards on their side by the end of this level. They should be able to do 25 yards rudimentary rhythmic breathing with or without an IFD. Students will further refine front and back crawl focusing on rotary breathing and flutter kicking. They will also work on elementary, breast and sidestrokes. They will increase their endurance and learn more diving skills, and personal safety, boating safety, and rescue skills. **Prerequisite:** Children should be able to swim 1 length of the pool using refined front and back crawl and be comfortable diving, treading water, and floating.



Fish

Class Description: This intermediate level is for children who can swim 25 yards of the pool on their front and back using alternating and symmetrical paddles and 25 yards on their side. They should know rhythmic breathing and be comfortable diving, treading water, and floating. The swimmer at this level can swim several lengths of the pool. The children work to refine the crawl and perform elementary backstroke, sidestroke, and turns. They are introduced to the butterfly stroke and should do 25 yards with fins and 10 yards without. Emphasis is also on underwater swimming skills with a mask and snorkel and basic first aid.

Note: Fish, Flying Fish and Shark are taught together.



Flying Fish

Class Description: At this advanced level, students should have refined front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and be able to swim 200 yards continuously. Children will refine all strokes while increasing their endurance. They will also be introduced to more advanced diving, personal safety, boating safety, wet ball, and rescue skills. **Prerequisite:** Students should be able to swim 100 yards of all strokes in good form, except butterfly, which is a minimum of a 25-yard swim with fins and 15 ft. without fins. **Note:** Fish, Flying Fish and Shark are taught together.



Shark

Class Description: This advanced level is for those who have mastered the competitive strokes. The swimmers continue to refine strokes and increase endurance. Children will be introduced to inverted breaststroke, trudgen crawl, and life-saving skills. They will also refine personal safety, boating safety, and rescue skills. **Prerequisite:** Students should be able to swim 100 yards of all strokes in good form, except butterfly, which is a minimum of a 25-yard swim with fins and 15 ft. without fins. **Note:** Fish, Flying Fish and Shark are taught together.

Youth Stroke Clinic (5-17 years)

Class Description: Will learn to build endurance and perfect strokes, flip turns and starting dive. **Prerequisite:** Be able to swim 25 yards of freestyle, breast, back and butterfly.

Adult Programs (13 & up)

Adult Beginner & Intermediate

Class Description: Adult classes can be designed for your special needs. It's never too late to learn how to swim! These classes include safety skills, front crawl, elementary backstroke, and survival skills. Whether you're looking for your first swim class, or would just like to improve your stroke, we have a class for you.

Parent/Child Programs

Parent-Tot (6-36 months)

Class Description: This class emphasizes basic aquatic safety, water orientation and a positive experience. This class is not designed to teach a child to swim. Games, songs and basic aquatic movements are introduced at this level.

2 Much Fun (24-36 months)

Class Description: This is an introductory class for children with parents' participation. They will learn to blow bubbles, put face in the water and proper kicking.