

### Description of YMCA Swim Lessons ParentChild Program

Class Name	Prerequisites	Skills/Activities	Next Level/Options
<b>Parent Child:</b> Shrimp/Perch Shrimp: Ages 6-18mo Perch: Ages 19-36mo  *Water adjustment with Parent *Equals Red Cross Level Infant or Toddler	*No Swim Skills Necessary *No cloth or disposable diapers	*Breath control *Balance *Locomotion *Songs & Games *Semi-Structured format	*Pike IF 1. At Least age 3 2. Toilet-Trained 3. Comfortable w/o parent 4. At. Least 42" tall

### Description of YMCA Swim Lessons Preschool Program

Class Name	Prerequisites	Skills/Activities	Next Level/Options
<b>Pike: 30 minute class</b> *Ages 3-5 years *Beginning swim skills *Equals Red Cross Level 1	*At least 42" tall *Toilet-trained *Comfortable w/o parent *No Swim Skills Necessary	*Float 20 seconds w/aid *Paddle front, back & side 10 yards w/aid, 2 yards w/o aid *Jump into shallow water *Face in water	*Eel or Polliwog IF 1. 6 years old 2. Can be in water for 50 minutes
<b>Eel: 30 minute class</b> *Ages 3-5 years *Intermediate swim skills *Equals Red Cross Level 1	*Float 20 Second with aid *Paddle front, back, & side 10 yards w/aid *Jump into shallow water w/o aid	*Float 20 seconds with or without aid *Paddle front, back & side 25 yards w/aid, 5 yards w/o aid *Jump into shallow water *Face in water	*Ray or Polliwog IF 1. 6 years old 2. Can be in water for 50 minutes
<b>Ray: 30 minute class</b> *Ages 3-5 years *Advanced swim skills *Equals Red cross Level 2	*Float 20 seconds with aid *Paddle front, back, & side 25 yards w/aid, 5 yards w/o aid	*Float 30 seconds w/o aid *Tread water 20-30 seconds w/aid *Front & back alternate & symmetrical paddle 25 yards w/aid, 15 yards w/o	*Starfish or Polliwog IF 1. 6 years old 2. Can be in water for 50 minutes 3. Meet necessary prerequisites
<b>Starfish: 30 minute class</b> *Ages 3-5 years *Advanced swim skills & high endurance lelve *Equals Red Cross Level 3	*Float 30 seconds w/o aid *Tread water 20-30 seconds *Front & back alternate & symmetrical paddle 15 yards w/aid, 7 yards w/o	*Float 1 minute w/o aid *Tread water 20-30 second w/o aid *Front symmetrical & alternate paddle w/rudimentary rotary *Back alternate & symmetrical paddle 25 yards	*This concludes the preschool program. Continue in Starfish or Guppy IF 1. 6 years old 2. Can be in water for 50 minutes 3. Comfortable w/older kids (6-12 years old) 4. Meets necessary prerequisites

## Description of YMCA Lessons Youth Program

Class Name	Prerequisites	Skills/Activities	Next Level/Options
<b>Polliwog: 50 minute class</b> *Ages 6-12 years *Beginning swim skills *Equals Red Cross Level 1	*Must be 6 years of age *No swim skills necessary	*Float 30 seconds *Front, back & side paddle 25 yards w/aid, 10 yards w/o *Face in water	Guppy
<b>Guppy: 50 minute class</b> *Ages 6-12 years *Advanced Beginner *Equals Red Cross Level 2	*Float 30 seconds *Front, back & side paddle 25 yards w/aid, 7 yards w/o aid	* Float 1 minute w/o aid * Tread water 30 seconds * Front alternate paddle w/rudimentary rhythmic breathing 25 yards * Front symmetrical, back & alternate & side alternate paddle 25 yards w/o aid	Minnow
<b>Minnow: 50 minutes class</b> * Ages 6-12 years * Intermediate * Equals Red Cross Level 3	* Float 1 minute w/aid * Tread water 20-30 seconds * Paddle front & back alternate & symmetrical paddle for 25 yards * Side alternate paddle 25 yards	* Tread water 1 minute w/scissor kick * Front & back crawl 25 yards w/o aid * Rudimentary Breaststroke, elementary backstroke, & sidestroke 25 yards w/o aid	Fish (Eligible for Swim Team)
<b>Fish: 50 minute class</b> * Ages 6-15 years * Intermediate * Equals Red Cross Level 4	* 25 yards good form in: alternate paddle with over arm stroke & rotary breathing breaststroke, sidestroke, elementary backstroke & back alternating stroke	* Tread water 3 minutes * Front crawl, back crawl, elementary backstroke, breaststroke & side stroke 50 yards * Butterfly 25 yards	Stroke School (Eligible for Swim Team)
<b>Stroke School: 50 minute class</b> * Ages 6-15 years * Advanced swim skills * High endurance level * Equals Red Cross Level 5	* Float/Tread water for 6 minutes *100 yards w/above average form in: crawl w/bilateral breathing, breaststroke, back crawl & side stroke on both sides *Lifesaving stoke 50 yards * Butterfly 25 yards	* Correct form of: front crawl, breaststroke & back crawl w/start & turns 100 yards * Butterfly w/turns 50 yards * Individual Medley 200 yards	Remain in Stroke School Swim Team Recommended