

## Description of YMCA Swim Lessons Parent/Child 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 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 with aid *Paddle front, back, & side 10 yards w/ aid, 2 yards w/o aid *Jump into shallow water w/ aid *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 seconds with aid *Paddle front, back, & side 10 yards w/ aid *Jump into shallow water w/o aid	*Float 20 seconds with aid 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 without aid *Tread water 20-30 seconds with aid *Front & back alternate & symmetrical paddle 25 yards with aid, 15 yards w/o aid *Front alternating paddle w/ rhythmic breathing 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 and high endurance level *Equals Red Cross Level 3	*Float 30 seconds without aid *Tread water 20-30 seconds with aid *Front & back alternate & symmetrical paddle 15 yards with aid, 7 yards w/o aid	*Float 1 minute without aid *Tread water 20-30 seconds w/o aid *Front symmetrical & alternate paddle with rudimentary rotary breathing 25 yards w/aid, 15 yards w/o aid *Back alternate & symmetrical paddle 25 w/o aid *Side alternate paddle 25 yards without aid	* This concludes the preschool program. Child may continue in Starfish or Guppy IF 1. 6 years old 2. Can be in water 50 minutes 3. Comfortable with 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 with aid: 10 yards without aid *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 with aid; 7 yards without	*Float 1 minute without aid *Tread water 30 seconds *Front alternate paddle with rudimentary rhythmic breathing 25 yards *Front symmetrical, back & alternate & side alternate paddle 25 yards without aid	Minnow
<b>Minnow: 50 minute class</b> *Ages 6-12 years *Intermediate *Equals Red Cross Level 3	*Float 1 minute with aid *Tread water 20-30 seconds *Paddle front & back alternate & symmetrical Paddle for 25 yards *Side alternate paddle 25 yards	*Survival float 3 minutes *Tread water 1 minute with scissor kick *Front & Back crawl 25 yards w/o aid *Rudimentary Breaststroke, elementary backstroke, and sidestroke 25 yards without aid	Fish (Eligible for Swim Team)
<b>Fish: 50 minute class</b> *Ages 6-12 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	*Survival float 6 minutes *Tread water 3 minutes *Front crawl, back crawl, Elementary backstroke, Breaststroke & sidestroke 50 yards *Butterfly 25 yards	Stroke School (Eligible for Swim Team)
<b>Stroke School: 50 minute class</b> *Ages 6-12 years *Advanced swim skills and high endurance level *Equals Red Cross Level 5	*Float/Tread water for 6 minutes *100 yards with above average form in: crawl with bilateral breathing, breaststroke, back crawl & sidestroke on both sides *Lifesaving stroke 50 yards *Butterfly 25 yards	*Correct form of front crawl, breaststroke & back crawl with start & turns 100 yards *Inverted breaststroke, trudgen crawl & over arm sidestroke on both sides 50 yards *Butterfly with turns 50 yards *Individual Medley 200 yards	Remain in Stroke School -Swim Team recommended