

## Description of YMCA Swim Lessons Parent/Child Program

Class Name	Prerequisites	Skills/Activities	Next Level/Options
<b>Parent Child Shrimp/Perch</b> <b>Shrimp</b> Ages 6-18mo <b>Perch</b> Ages 19-36mo *Water adjustment with parent *Equals Red Cross Level Infant or Toddler	*No swim skills necessary *Tight-fitting plastic pants only * <u>NO</u> cloth or disposable diapers	*Breath control *Balance *Locomotion *Songs & Games *Semi-structured format	*Pike <u>IF</u> 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 without parent *No swim skills necessary	*Float 20 seconds with aid *Paddle front, back, & side 10 yards with aid, 2 yards without aid. *Jump into shallow water w/ aid *Face in water	*Eel or Polliwog <u>IF</u> 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 with aid *Jump into shallow end w/o aid	*Float 20 seconds with or without aid *Paddle front, back, & side 25 yards with aid, 5 yards without aid. *Jump into shallow water *Face in water	*Ray or Polliwog <u>IF</u> 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 with aid, 5 yards without aid.	*Float 30 seconds without aid *Tread water 20-30 seconds with aid *Front & back alternate & symmetrical paddle 25 yards with aid, 15 yards without aid. *Front alternating paddle with rhythmic breathing 25 yards w/ aid, 15 yards without.	*Starfish or Polliwog <u>IF</u> 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 without aid.	*Float 1 minute without aid *Tread water 20-30 seconds without aid *Front symmetrical & alternate paddle with rudimentary rotary breathing 25 yards w/ aid, 15 yards without. *Back alternate & symmetrical paddle 25 yards without aid *Side alternate paddle 25 yards without aid	*This concludes the preschool program. Child may continue in *Starfish, or Guppy <u>IF</u> 1. 6 years old 2. Can be in water for 50 minutes 3. Comfortable with older kids (6-12 year olds) 4. Meet necessary prerequisites

## Description of YMCA Swim Lesson Youth

Class Name	Prerequisites	Skills/Activities	Next Level/Options
<p><b>-Poliwog: 50 Minutes</b> Ages 6-12 years old Beginner Equals Red Cross Level 1</p>	<p>*Must be at least 6 years old *No swim skills necessary</p>	<p>*Float 30 seconds *Front, back &amp; side paddle 25 yards with aid; 10 yards without aid *Face in water</p>	<p>Guppy or Swim Academy Level 1</p>
<p><b>-Guppy: 50 Minutes</b> Ages 6-12 years old Advanced Beginner Equals Red Cross Level 2</p>	<p>*Float 30 seconds *Front, back &amp; side paddle 25 yards with aid; 7 yards without aid</p>	<p>*Float 1 minute without aid *Tread water 30 seconds *Front alternate paddle with rudimentary rhythmic breathing 25 yards *Front symmetrical, back symmetrical &amp; alternate &amp; side alternate paddle 25 yards without aid</p>	<p>Minnow or Swim Academy Level 1</p>
<p><b>-Minnow: 50 Minutes</b> Ages 6-12 years old Intermediate Equals Red Cross Level 3</p>	<p>*Float 1 minute without aid *Tread water 20-30 seconds *Paddle front &amp; back alternate &amp; symmetrical paddle 25 yards *Side alternate paddle 25 yards</p>	<p>*Survival Float 3 minutes *Tread water 1 minute w/Scissor Kick *Front &amp; Back Crawl 25 yards without aid *Rudimentary Breaststroke, Elementary Backstroke, and Sidestroke 25 yards without aid</p>	<p>Fish or Swim Academy Level 2 (Eligible for Swim Team)</p>
<p><b>-Fish: 50 Minutes</b> Ages 6-12 years old Intermediate Equals Red Cross Level 4</p>	<p>*25 yards of good form in: front alternate paddle with over arm stroke &amp; rotary breathing breaststroke, sidestroke, elementary backstroke &amp; back alternating stroke</p>	<p>*Survival Float 6 minutes *Tread water 3 minutes *Front Crawl, Back Crawl, Elementary Backstroke, Breaststroke &amp; Sidestroke 50 yards *Butterfly 25 yards</p>	<p>Stroke School or Swim Academy Level 2 (Eligible for Swim Team)</p>
<p><b>-Stroke School: 50 Minutes</b> Ages 6-12 years old Advanced/Extremely Advanced Equals Red Cross Levels 5-7</p>	<p>*Float/Tread Water for 6 minutes *100 yards with above average form in: crawl with bilateral breathing, breaststroke, elementary backstroke, back crawl &amp; sidestroke on both sides *Lifesaving sidestroke 50 yards *Butterfly 25 yards</p>	<p>*Correct form of Front Crawl, breaststroke &amp; back crawl with start &amp; turns 100 yards *Inverted breaststroke, trudgen crawl &amp; over arm sidestroke on both sides 50 yards *Butterfly with turns 50 yards *Individual Medley 200 yard</p>	<p>Child may remain in: Stroke School or move on into Swim Academy Level 2 -Swim Team Recommended</p>

## Description of YMCA Swim Lesson Youth

Class Name	Prerequisites	Skills/Activities	Next Level/Options
<b>-Swim Academy Level 1: 50 minutes</b> Age 6-12 years old Progressive performance-based program Two times per week Intensive swim skill development	*Must be at least 6 years old *Must have passed Polliwog	*Front Crawl 25 yards *Back Crawl 25 yards *Breaststroke 25 yards *Basic Butterfly *Diving *Streamlines *Two hand turns	Swim Academy Level 2
<b>-Swim Academy Level 2: 50 minutes</b> Age 6-12 years old Progressive performance-based program Two times per week Intensive swim skill development	*Must be at least 6 years old *Must have passed Guppy or Swim Academy Level 1	*Front Crawl 50 yards *Back Crawl 50 yards *Breaststroke 50 yards * Butterfly 25 yards *Diving *Streamlines *Two hand turns *Flip turns	Child may remain in Swim Academy Level 2 -Swim Team Recommended
<b>- Swim Team-Free Trial Week</b> Ages 6-18 years old Meets for the length of the practice group	*Kindergarten or up *Have passed minnow *Swim 25 yards on front & back *If questions, contact the swim team coach or director	Free trial week is a 1 week trial for kids and parents to see if they like swim team.	Swim Team
<b>-Swim Team</b> Ages 6-18 years old High Endurance 1-2 hour practices	*Kindergarten or up *Have passed minnow *Swim 25 yards on front & back *If questions, contact the swim team coach or director	*Butterfly *Backstroke *Breaststroke *Front Crawl(freestyle) *Racing starts and turns	
<b>-Adult Swim Lessons</b> Ages 13 years or older	*No swim skills necessary	*Class will be tailored to students abilities *Will cover all basic skills and water safety then move through advanced swimming skills	
<b>-Masters Swimming</b> Ages 18 years or older	*Most be 18 years or older *most be able to swim 25 yards *If questions, contact the Master's Team Coach	*Butterfly *Backstroke *Breaststroke *Front Crawl(freestyle) *Racing starts and turns	