

SWIM LESSONS

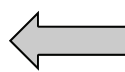
IT'S A GREAT PLACE TO BE... **SAFE.**

GENERAL SWIM LESSON INFORMATION:

National YMCA Aquatics programs are designed to teach personal water safety, stroke development, water sports & games, rescue and personal growth skills to children. Our program is divided by age and skill levels. Advancing to the next level is dependent on the child's completion of required skills. Children learn at their own pace. Session length does not guarantee that all children will advance to the next level. All instructors are trained to work with children.

PARENT-CHILD

The parent/child classes are taught as a combined class for ages 6 to 36 months with the parent accompanying the child in the water. Skills are introduced at the child's development level and build on each other as the child progresses. Basic water skills are taught through fun songs and games. Ratio: 1:12



6-36 Months

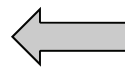
HOW OLD IS YOUR CHILD?

The YMCA offers swim lessons for all ages and abilities. Please answer the questions below regarding your child's swimming ability to place them in the correct class. If you have any additional questions please do not hesitate to contact us.

3-5 Years



WILL YOUR CHILD GO UNDER WATER?



NO

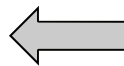
PIKE (Beginner)

Children adjust to the water and develop independent movement. Teaches basic stroke and kicking skills, floating, and pool safety.

YES



CAN YOUR CHILD FLOAT ON THEIR FRONT AND BACK?



NO

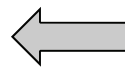
EEL (Intermediate Beginner)

For children who are comfortable in the water and able to swim five feet with faces in the water and no flotation device. Children are taught to float, kick, and perform progressive arm movements across the pool.

YES



CAN YOUR CHILD SWIM ABOVE WATER ON THEIR OWN?

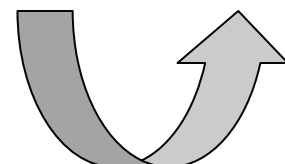


YES

RAY / STARFISH (Advanced Beginner)

For children who can swim 15 feet with faces in the water and no flotation device. Reviews and improves stroke skills on front, back and side, builds endurance, teaches treading water skills.

6 + Years



SWIM LESSONS

6 +
YEARS



WILL YOUR CHILD GO UNDER WATER AND FLOAT ON THEIR BACK BY THEMSELVES?

YES



CAN YOUR CHILD SWIM THE WIDTH OF THE POOL WITH THEIR FACE IN THE WATER?

YES



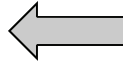
CAN YOUR CHILD SWIM A LAP OF FRONT AND BACK CRAWL WITH GOOD FORM?

YES



CAN YOUR CHILD SWIM FRONT & BACK CRAWL, BREASTROKE & DOLPHIN KICK?

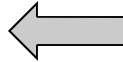
NO



POLLIWOG (Beginner)

Swim placement required if you have not taken YMCA swim lesson in the last year. Beginner level for those uncomfortable or inexperienced in the water. Teaches basic water skills including gliding with face in water, floating and kicking.

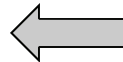
NO



GUPPY (Advanced Beginner)

Swim placement required if you have not taken YMCA swim lesson in the last year. For children able to swim 20 feet without a flotation device. Teaches swimming on front, back and side and taking a breath while swimming.

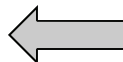
NO



MINNOW (INTERMEDIATE)

Swim Placement required if you have not taken a YMCA swim lesson in the last year. For children able to swim 25 yards on front and back with or without a flotation device. Teaches front crawl with rotary breathing, backstroke, sidestroke, beginning breaststroke.

YES



FISH/ FLYING FISH (ADVANCED)

Swim Placement required if you have not taken a YMCA swim lesson in the last year. For children able to swim 25 yards front crawl with rotary breathing, back crawl, sidestroke and rudimentary breaststroke. Refines breast stroke, teaches butterfly, open turns and improves other strokes.



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

We strive to turn no one away due to inability to pay

