

IT'S A  
GREAT  
PLACE  
TO BE  
swimming.



### AQUATICS PROGRAMS

YMCA Aquatics is about water safety, skill development and fun for everyone. At the YMCA, aquatics include swim lessons for all ages (6 months through adult), water exercise, lifeguard certification, fitness, water safety, and Masters Swim programs. We have an aquatic program for every skill level and interest. Our programs are about more than just the techniques and skills; they are about building friendships, developing self-esteem and creating positive experiences that will last a lifetime.

Our aquatic programs are not just for children. We have learn-to-swim classes for adults, water exercise classes, lap swimming, water walking and more. Inquire at your local YMCA to see what Aquatic programs that they may offer.

### Personal Safety and Rescue Skills

These activities incorporated into all of our classes, help children identify potential hazards, avoid danger and learn how to get help when needed. Even the youngest toddler can learn how to help themselves or someone in danger. Older youth learn rescue and life saving techniques.

### Character Development

Building self-esteem and reinforcing positive values is an element woven into all YMCA programming, including our aquatics programs. Children and staff are encouraged to exhibit behaviors that are reflective of the YMCA core values of Honesty, Respect, Responsibility, Caring and Faith.

### Swim Stroke Development

Through guided activities and creative teaching methods, each level of the YMCA swim lesson program teaches age appropriate skills. By using teaching skills like kickboards, float belts, hoops and dive sticks, your child can explore skills and identify the movements that work best for each skill taught.

### Water Sports and Games

Water sports and games are used to reinforce the children's learning in all levels of swimming. They provide kids an opportunity to apply their current swimming skills, find interesting ways to enjoy the water, develop new skills and enhance their endurance.

**TO LEARN MORE ABOUT YMCA AQUATICS PROGRAMS,**  
visit a Y near you or on-line at [ymcahouston.org](http://ymcahouston.org)

**YMCA SWIM CLASSES:**

**Parent/Child Classes (6-36 months)**

**Skips**

The parent/child classes are taught 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. YMCA National class levels in this combination class are Shrimp (6-8 months), Kipper (9-12 months), Inia (13-18 months) and Perch (19-36 months). Classes are 30 minutes in length.

**Preschool (3-5 years)**

**BEGINNER CLASSES:**

**Pike**

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

**Eel**

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.

**ADVANCED CLASSES:**

**Ray**

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, and teaches treading water skills.

**Starfish**

For children who can swim 20 feet without flotation device on front, back and side. This advanced level refines strokes.



**Youth (6 years and up)**

**BEGINNER CLASSES:**

**Polliwog**

Beginner level for those uncomfortable or inexperienced in the water. Teaches basic water skills including gliding with face in water, floating and kicking.

**Guppy**

For children able to swim 20 feet without a flotation device. Teaches swimming on front, back and side and breathing while swimming.

**INTERMEDIATE CLASSES:**

**Minnow**

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.

**Fish**

For children able to swim 25 yards of front crawl with rotary breathing, back crawl, sidestroke and rudimentary breaststroke. Refines breast stroke, teaches butterfly, open turns and improves other strokes.

**ADVANCED CLASSES:**

**Flying Fish**

For children able to swim 50 yards front crawl, back crawl, breast stroke, elementary backstroke, sidestroke and 15 yards butterfly; teaches water rescues, snorkeling and endurance.

**Shark**

For children able to swim 100 yards front and back crawl, breaststroke, and 25 yards of butterfly. Teaches the starts and turns of all 4 strokes and improves endurance.

**LIFEGUARDING CLASSES**

This certification course is designed to give participants the skills and knowledge needed to be lifeguards in the pool. The comprehensive course offers up-to-date information on how to guard, anticipate and prevent problems, and to take action to help those in danger. It also teaches safety and survival skills every swimmer needs to know, accident prevention, guarding techniques, emergency systems, rescue skills and first aid in aquatic environments.

**TO LEARN MORE ABOUT YMCA AQUATICS PROGRAMS,**  
visit a Y near you or on-line at [ymcahouston.org](http://ymcahouston.org)



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. The YMCA strives to turn no one away due to inability to pay.