

# Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

## Adult/Child - 6 months to 3 years old

**SKIPS** - The primary objective of this class is to get both the adult and child comfortable in the water. Classes are designed to allow the child to have fun in the water while the parent guides the learning of aquatic skills. Swim diapers are required.

## Preschool - Ages 3 to 5 years

**PIKE** - This beginning level is designed for new swimmers, teaching basic paddle stroke and kicking skills. Also taught is pool safety, proper use of a PFD (personal flotation device) and keeping the face in the water while blowing bubbles and swimming.

**EEL** - This intermediate level reinforces Pike skills. It is for children who are comfortable in the water. They are taught to kick, dive, float and perform progressive paddle strokes.

**RAY** - At this level children review previous skills, improve stroke skills, build endurance by swimming on their front and back, and learn to tread water.

**STARFISH** - In this advanced level children continue to review previous skills and refine their strokes.

## Youth - Ages 6 to 14 years

**POLLIWOG** - This is the beginning level for school-age children. Children become acquainted with the pool, the use of floatation devices and floating.

**POLLIWOG +** - This is a transition level for children who have completed polliwog and need to master basic skills before moving on to the next level. Children are acquainted with the outdoor pool, the use of floatation devices.

**GUPPY** - Children continue to practice and build upon basic skills without the use of a floatation device. They are introduced to lead-up strokes to the front and back crawl stroke, side stroke, breast stroke and elementary back stroke.

**MINNOW** - This intermediate level has children further refine the lead-up strokes. Their skills are becoming more like those normally used in swimming.

**FISH** - Children work to perform the crawl stroke, elementary back stroke, back crawl stroke and side stroke with turns. They are also introduced to the butterfly stroke.

**FLYING FISH/SHARK** - In these advanced levels children work on refining their strokes and increasing their endurance.

## Adult - Ages 15 and up

**BEGINNER** - This class is for adults who don't feel at ease in the water or who have never participated in swim lessons. Non-swimmers are taught basic swimming skills.

## Frequently asked questions about YMCA Swim Lessons.

- 1) How do I know what class my child should be in?**  
*If you're not sure, you may have your child's skills assessed during any recreational swim time.*
- 2) What should my children wear to swim class?**  
*Children should wear bathing suits. We recommend girls wear one piece suits as the instructors may have to support them while they are in the water. Long hair should be braided or in a swim cap.*
- 3) What should I do when I arrive to the YMCA?**  
*Check in at the membership desk, then proceed to the youth locker room areas to have your child change if necessary. Your child must shower from head to toe before entering the pool area.*
- 4) What do I do while my child is swimming?**  
*There are designated observation areas for the outdoor pool and an observation room for the indoor pool.*
- 5) May I have a refund on swim lessons?**  
*A refund or credit will only be given prior to classes beginning and with a doctor's note.*
- 6) Are the pools heated?** Yes, year round.
- 7) Are there lifeguards on duty?** Lifeguards are on duty when the pools are open.
- 8) Who do I contact if I have a question, concern or comment?**  
*You may contact our Aquatic Department at (831) 758-3811 x17*