



SPLASH ON IN! GROUP SWIM LESSONS

Teaching More Than Just Swimming For Over 100 Years!

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 will 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 pairs.

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

PIKE (Beginner)

Children adjust to the water and develop independent movement. Teaches basic stroke and kicking skills, floating, and pool safety. Ratio: 1:6



NO

WILL YOUR CHILD GO
UNDER WATER?



YES

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. Ratio: 1:6



NO

CAN YOUR CHILD FLOAT ON
THEIR FRONT AND BACK?



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. Ratio: 1:6



YES

CAN YOUR CHILD SWIM
ABOVE WATER ON THEIR OWN?

6 + Years (over)



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6 + YEARS

POLLIWOG (Beginner)

Beginner level for those uncomfortable or inexperienced in the water. Teaches basic water skills including gliding with face in water, floating and kicking. Ratio 1:8



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WILL YOUR CHILD GO UNDER WATER, SWIM 10 YARDS AND FLOAT ON THEIR BACK BY THEMSELVES?

GUPPY (Advanced Beginner)

For children able to swim 15 yards without a flotation device. Teaches swimming on front, back and side and taking a breath while swimming. Ratio 1:8



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

MINNOW (Intermediate)

For children able to swim 25 yards on front and back without a flotation device. Teaches front crawl with rotary breathing, backstroke, sidestroke, beginning breaststroke. Ratio 1:8



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YES
CAN YOUR CHILD SWIM A LAP (2 LENGTHS) OF FRONT AND BACK CRAWL WITH GOOD FORM?

FISH / FLYING FISH (Advanced)

For children able to swim 25 yards front crawl with rotary breathing, back crawl, sidestroke, rudimentary breaststroke. Refines breaststroke, teaches butterfly, open turns and improves other strokes. Ratio 1:8



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YES
CAN YOUR CHILD SWIM FRONT AND BACK CRAWL, BREAST-STROKE, AND DOLPHIN KICK?