

# Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

## CLASS DESCRIPTIONS

### Pre-School Group Swim



Pike

This is the first level of swim lessons for your young one. Pikes will be learning to adjust to water, paddle, kick with help, and blow bubbles.



Eel

As an eel, your child is more comfortable in trying new things. He/she can put his/her face in the water, and swim 20 ft. without help, and has a strong kick.



Ray

Rays will be starting to swim in deep water without help. Their endurance increases, and they can swim on their front and back almost the length of the pool with no help.



Starfish

Your starfish is working more in deep water, learning how to dive from the side. He/she will be introduced to breast stroke, butterfly and surface diving.

### Youth Group Swim



Polliwog

This is the beginning level for the youth age group. Each child will adjust to the water while learning the basics of swimming. Students will need to swim the width distance of the pool to move into Guppy level.

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### Guppy

This class teaches introduction to lead-up strokes to the front crawl and back crawl. Children must swim the length of the pool to progress to the Minnow level.



### Minnow

This is the first intermediate level, further refining the lead-up strokes. Children must swim several strokes in good form, the length of the pool, before they can progress to the Fish level. Front crawl, backstroke, survival float, and lifesaving skills will be reviewed.



### Fish

Breast stroke kick, dolphin kick, elementary backstroke and endurance are being developed at this level. Children must be able to swim all strokes in good form for 50 yards before they can progress to the Flying Fish level.



### Flying Fish

Butterfly, breast stroke, surface dives, open/flip turns and endurance are being developed at this level. Children must be able to swim all strokes in good form for 50 yards before they can progress to the Shark level.



### Shark

200 Individual Medley, flip-turns, starts, etc. Your child has refined his/her strokes by this level and might be thinking of joining the swim team if he/she has not already done so.