

# Class Descriptions

No one is denied YMCA membership or program participation due to an inability to pay. Financial assistance is available based on demonstrated need.

## PARENT/CHILD SWIM CLASS

A YMCA staff member will be in the water working with parents and children to acclimate them to the water. This is a time for parents and their small children to spend quality time together in a positive environment. **This class is for children ages 6 months to 3 years.**

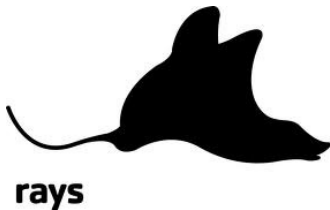
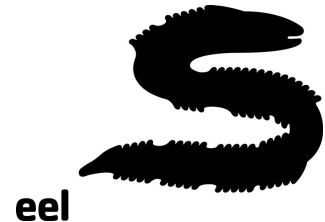


### PIKE (3-5 year olds)

This class is for beginners who have little to no experience in the water. This level helps children develop safe pool behavior, adjust to the water and develop independent movement in the water. It is designed to teach new swimmers basic paddle stroke and kicking skills, pool safety, boating safety and proper use of float belts and PFD's. They will also work on becoming comfortable holding the face in the water while blowing bubbles and jumping in.

### EEL (3-5 year olds)

This class is for children who have some swim experience and who are comfortable in the water. They are taught to kick, dive, float and perform the progressive paddle stroke. Children can swim across the pool without assistance by the end of this level.



### RAY (3-5 year olds)

This class is for children who have basic knowledge of freestyle, backstroke and breaststroke. This class reviews skills learned in previous levels and improves stroke skills. The children learn more personal safety and rescue skills, build endurance by swimming on their front and back. They work on treading water and are taught basic diving skills. Children can swim across the pool on their front and back without assistance by the end of this level.

## POLLIWOG (6-14 year olds)

This is the beginning level for school age children. Most swimmers are wearing flotation devices in their class. Swimmers will develop basic freestyle and backstroke skills with an introduction to proper breathing technique. They will also learn treading skills.



### GUPPY (6-14 year olds)

Swimmers continue to practice and build upon basic skills and are not wearing flotation devices.

### MINNOW (6-14 year olds)

Swimmers must be able to swim freestyle, backstroke and breaststroke for two lengths of the pool. Swimmers will practice and refine competitive swim strokes and skills.

