

# YMCA SWIM LESSONS

## Ages 3-5

Please go through the questions in order. Do not skip ahead to the next level. All swimmers will be evaluated on the first day of lessons. During this time, instructors may move individuals to a more appropriate level

### PIKE

Is your child comfortable in the water?

Will your child put his/her face in the water?

Will your child swim unassisted with a floatation devise?

Is your child comfortable with being separated from you?

No to *any* questions? Enroll in Pike

Yes to *all* questions? Enroll in Eel

### EEL

Can your child jump into the pool without assistance?

Can your child front float and back float without assistance?

Can your child put his/her head underwater?

No to *any* questions? Enroll in Eel

Yes to *all* questions? Enroll in Ray

### RAY

Can your child do a back float by themselves for 30-45 seconds?

Can your child do a kneeling dive correctly?

Can your child swim front crawl without assistance for 20 feet?

No to *any* questions? Enroll in Ray

Yes to *all* questions? Enroll in Starfish

### STARFISH

Can your child swim front crawl with breathing to the side?

Can your child do back crawl for 40 feet?

Can your child tread water for 30 seconds?

Is your child comfortable in the deep end?

No to *any* questions? Enroll in starfish



# YMCA SWIM LESSONS

## Ages 6 and up

Please go through the questions in order. Do not skip ahead to the next level. All swimmers will be evaluated on the first day of lessons. During this time, instructors may move individuals to a more appropriate level

### **POLLIWOG**

Can your child front and back float on his/her own?

Can your child swim UNASSISTED 15-20 yards?

Is your child comfortable in the deep end?

No to *any* questions? Enroll in Polliwog

Yes to *all* questions? Enroll in Guppy

### **GUPPY**

Can your child swim front crawl with rhythmic breathing 25 yards(1 full pool length)

Can your child back crawl 25 yards?

Is your child comfortable in the deep end?

Can your child swim rudimentary breaststroke?

No to *any* questions? Enroll in Guppy

Yes to *all* questions? Enroll in Minnow

### **MINNOW**

Can your child swim breaststroke 25 yards?

Can your child swim sidestroke 25 yards?

Can your child tread water for at least 1 minute?

No to *any* questions? Enroll in Minnow

Yes to *all* questions? Enroll in Fish

### **FISH**

Can your child swim the following strokes?

Front crawl, breast stroke, elementary backstroke, backstroke,  
'sidestroke?

Can your child tread water for at least 3 minutes?

Does your child love swimming and want to be challenged?

No to *any* questions? Enroll in Fish

Yes to *all* questions? Enroll in Swim Team Conditioning

### **SWIM TEAM CONDITIONING**

Does your child enjoy a challenge?

Does your child need to get physically fit?

Does your child want to participate in a water sport?

Yes to *any* questions? Enroll in Swim Team Conditioning

Conditioning 1 : perfect for those new to competitive swimming or just transitioning out of lessons. Duration: 35 minutes

Conditioning 2 : Swimmers who have swam in conditioning or competitive swim teams. Duration : 60 minutes

