

Swim Lesson Definitions

Parent/Child Classes: The parent/child classes are taught as a combined class for ages 6 months to 36 months with the parent accompanying the child in the water. Basic water skills are taught through fun songs and games.

Pre-K (3 – 5 years)

Pike: Designed for new swimmers, the Pike class helps children adjust to the water and develop independent movement in the pool. Children will learn to swim on their front and back with and without the use of floatation devices.

Eel: For children who are able to swim 5 feet on their front and back without assistance. Children will practice swimming longer distances on their front and back without assistance.

Ray/Starfish: Children must be able to swim 15-20 feet on their front and back without assistance. This level builds endurance, teaches underwater swimming, treading water and reviews/refines stroke skills on front and back. More advanced swimmers (Starfish) will learn sidestroke, backstroke and the beginning of breaststroke.

Youth (6 – 12 years)

Polliwog: Beginning level for swimmers who are uncomfortable or inexperienced in the water. Teaches the basics of front crawl and swimming on the back and side.

Guppy: Children must be able to swim 15-20 feet on their front and back without assistance to enter this level. Participants will work on endurance to include swimming 25 yards front crawl, backstroke and sidestroke with/without floatation devices. Swimmers will also learn the beginning elements of elementary backstroke and sidestroke.

Minnow: For children who are able to swim 25 yards of front crawl, backstroke and sidestroke with/without floatation devices. Swimmers should also know the basic movements of breaststroke and elementary backstroke. This class refines front crawl and teaches rotary breathing, and improve endurance and form of backstroke, sidestroke and elementary backstroke.

Fish: Children in the Fish level must be able to swim 25 yards front crawl with rotary breathing, backstroke breaststroke, sidestroke and elementary backstroke. Swimmers increase endurance and improve form in the aforementioned strokes and will learn butterfly.

Flying Fish/Shark: Usually combined with the Fish class, children must be able to swim 50 yards front crawl, backstroke, and breaststroke as well as 25 yards of butterfly. This class improves butterfly, learns flip turns and advances stroke technique and endurance.

Pool Schedule

Mon-Fri Times	Mon	Tue	Wed	Thur	Fri	Sat Times	Sat
9a - 10a	Closed	Aqua Fit / Lap Swim	Closed	Aqua Fit / Lap Swim	Closed		Closed
10a - 12:15p	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	make up SLs	10a - 10:30a	Swim Lessons
12:30p - 1:30p	Closed	open swim	Open Swim	open swim	Closed	10:45a - 1p	Open Swim
1:30p - 2:30p	Closed	Camp Swim	Camp Swim	Teen Camp Swim	Closed		Closed
2:30p - 3:30p	Closed	Closed	Closed	Teen Camp Swim	Closed		Closed
3:30p - 4:15p	Closed	Closed	Closed	Day Camp Swim	Closed		Closed
4:15p - 5:15p	Open Swim	Open Swim	Open Swim	Open Swim @ 4:30p	Closed		Closed
5:30p - 7:45p	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	make up SLs		Closed
7:50p - 8:30p	Open Swim				Closed		Closed

The mission of the YMCA is to put Christian values into practice through programs that build healthy spirit, mind and body for all!

Income based membership and financial assistance is available.

