



SWIMMING LESSONS

Red Cross to YMCA Lessons Conversion

IPAP1	Parent-Child Classes
Level 1	Pike and Polliwog
Level 2	Eel and Polliwog
Level 3	Ray, Star and Guppy
Level 4	Minnow
Level 5	Fish
Level 6	Flying Fish
Level 7	Shark

Parent-Child & NEMO

Ages 6 – 35 months (with guardian)

The primary objective for this age group is to get both parent and child comfortable in the water. The child will become aware of the differences between moving through the water and on dry land, while the parent will learn how to teach his or her child to be safer in and around the water. Classes are designed to promote fun in the water for the child while the adult guides him or her to learn aquatic skills. The child will be exposed to games and songs that use basic movements such as kicking, arm movements, and breath control. Activities are based on the developmental abilities of the child.

The class ratio is 1:12 and classes run 30 minutes.

Parent-Child Program Levels:

PARENT/CHILD	6–23 months
NEMO	24–35 months

Note: All children who are not toilet trained must wear a swim diaper and rubber pants. No disposable diapers.



Preschool

Ages 3 – 5 Years

This program is a child's first experience in the pool without parental assistance. Children are grouped by ability level within the preschool age range. They are taught basic skills that are the building blocks of aquatics. They will learn about pool safety, boating, the use of personal floatation devices and basic swim movements. This is a teacher/student/group experience. The class ratio is 1:6 and classes are 30 minutes. Parents are encouraged to remain on the pool deck for their child's lesson.

PIKE: Beginner

First time exposure, non-swimmer. Will learn water adjustment and basic skills. Shallow end class.

EEL: Advance Beginner

Able to float on front and back without help, able to swim short distances. Will learn longer floating skills, face in swimming and intro to back crawl. Shallow end class.

RAY: Intermediate

Swim 5 yards unassisted front with rhythmic breathing, back crawl and jump in without assistance. Will learn rotary breathing, side and rudimentary breast strokes and knee diving. Deep end class.

TEEN

BEGINNER SWIM CLASS (Ages 12–18 years)

This class is for non-swimmers and beginners who are only comfortable in shallow water. The goal is for this class is to learn the basics of swimming and to overcome fear of the water.

STROKE CLINIC (Ages 12 – 18 years)

This class is for individuals who can already swim in both the shall and deep water, but would like to learn proper technique and become more proficient in the water.

*A nice prelude to our Making Waters Safer Lifeguard Class which we will be scheduling in the Fall.

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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Youth

Ages 6 – 12 Years

Children are grouped by ability level within the youth age range. Each skill level builds upon the preceding level. All levels include some skills taught in both shallow and deep water.

POLLIWOG: Beginner (Ages 6–8 years)

First time exposure, non-swimmer. Will learn water adjustment, floating skills, face-in swimming and introduction to back crawl. Shallow end / ratio of 1:8 / 30 minutes

GUPPY: Intermediate

Able to float on front and back without help, swim 5 yards unassisted front with rhythmic breathing, execute back crawl and jump in without assistance. Will learn rotary breathing, back crawl, side stroke, rudimentary breast stroke and knee diving. Deep end / ratio of 1:8 / 30 minutes

MINNOW: Advance Intermediate

Can swim 25 yards unassisted back, side and front with rudimentary rotary breathing. Will learn elementary back, introduce butterfly, standing dives and develop rotary breathing. Deep end / ratio of 1:10 / 40 minutes

FISH: Entry Level Advance

Able to swim 25 yards with proficient rotary breathing, swim 75 yards total, can do back stroke, side stroke, breast stroke, elementary back, rudimentary butterfly, dive and tread water - will master front crawl, back crawl, breast stroke, elementary back, synchro skills and water polo. Deep end / ratio of 1:10 / 40 minutes

FLYING FISH: Advance swimmer

Master crawl stroke, back stroke, breast stroke and elementary backstroke, can swim 8 pool lengths and do 15 yards butterfly. Will complete butterfly, survival skills, develop endurance in strokes & crawl turns. Deep end / ratio of 1:10 / 40 minutes

SHARK: Proficient Swimmer

Can swim 100 yards of primary strokes, 50 yards of butterfly and sidestroke, 500 yards of crawl with turns. Introduce swimmers to competitive strokes, combine swimming, advance synchro skills, rescue skills mastered. Deep end / ratio of 1:10 / 40 minutes