

Swim Levels

Preschool Ages 3-5:

Pike

Pike helps children adjust to the water and develop independent movement. It teaches basic front crawl, back crawl and kicking skills, floating and pool safety. Class is intended for children with little to no water experience.

Eel

For children who are comfortable in the water and swim with floatation device in horizontal position but cannot yet swim the length of the pool. Child must be able to put their face in. Children are taught to float, kick, and perform progressive arm movements across the pool.

Ray & Starfish

This class is for children who can swim 25 feet with face in the water and no floatation device. It reviews and improves stroke skills on front, back and side, builds endurance and teaches treading water and rotary breathing.

Youth Lessons Ages 6 years up to 12:

Polliwoq

This beginner level class is for children who are uncomfortable or inexperienced in swimming. It teaches basic skills including stroke work, gliding, floating & kicking as well as beginner rotary breathing.

Guppy

This is for children who are comfortable with face in water and are able to swim 25 feet without a floatation device. It teaches stroke skills on front, back, and side as well as rotary breathing and beginner's breaststroke.

Minnow

Minnow is for children able to swim 25 yards on front and back without a floatation device. It teaches stroke skills on front, back, and side, and rotary breathing. Children will be introduced to other components of swimming and butterfly kick.

Fish

Fish is for children able to swim 50 yards of freestyle with rotary breathing, sidestroke, backstroke & breaststroke. It refines breaststroke, teaches butterfly, and improves other swim skills.

Flying Fish

This class is for children able to swim 100 yards of freestyle, backstroke, breaststroke and sidestroke as well as 25 yards butterfly. This class improves all strokes and swimming skills as well as builds strength and endurance.

Shark

This class is for children who are able to perform at the level of flying fish as well as perform a 200 IM (fly, back, breast, free) with flip turns

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www.ymcatriangle.org