

YMCA Swim Level Guidelines 11/11

Youth lessons: ages 6 years and up

Preschool lessons: under 3 years old

Parent-Child I: Ages 6 months (must turn 6 months during the session) to 3 years old, with parent.

- Parent(s) and child enjoy water movement and play, accompanied by songs and games.

Parent-Child II: Ages 2.5 to 3.5 years old At age 3, move on to Pike.

- Must be very comfortable in the water – puts face in the water, blows bubbles, and kicks feet when asked to.
- Can paddle independently with flotation.
- This is a social adjustment class, not water adjustment for little ones under 3 years old.

Preschool lessons: ages 3 – 5 years old

Pike: When child completes the following skills, they will move to next level (Eels).

- Swim paddle stroke one width with flotation.
- Flutter kick one width of pool with no help.
- Put whole face in water comfortably.
- Jump in pool and swim back to wall with no flotation or help.

Eel: When child completes the following skills, they will move on to the next level (Ray).

- Swim two widths with flotation.
- Swim one width with no flotation.
- Back float with no flotation, no help for at least 10 sec.

Ray: When child completes the following skills, they will move on to the next level (Starfish, or Guppy for 6+ year olds).

- Swim one width front crawl with some rotary breathing and no flotation.
- Swim two widths any form, no flotation, no stopping or help.
- Tread water for 30 sec. with no flotation.

Starfish: When child completes the following skills, they will move on to the next level (Minnow for 6+ year olds).

- Swim front crawl and back crawl one length each in good form.
- Swim minimum of 4 lengths without stopping, no flotation.

Glossary

Paddle stroke – like dog paddle

Rotary Breathing – side rhythmic breathing w/arm stroke

IM-Individual Medley-butterfly, back, breast, front crawl

Polliwog: When child completes the following skills, they will move to next level (Guppy).

- Jump into deep end and swim one length with no help, any form, no stopping.
- Flutter kick one length with rotary breathing.
- Do bobs with whole body submerged and blowing out under water.
- Back float at least 10 sec.

Guppy: When child completes the following skills, they will move to next level (Minnow).

- Swim one length front crawl with good form and rotary breathing.
- Swim one length back crawl in good form.
- Back float for one minute without help.

Minnow: When child completes the following skills, they will move to next level (Fish).

- Swim 5 minutes without stopping.
- Swim front crawl, back crawl, elementary backstroke one length in good form.
- Tread water for two minutes.

Fish: When child completes the following skills, they will move to next level (Flying Fish).

- Swim 7 minutes without stopping.
- Swim front crawl, back crawl, elementary backstroke one length each in good form.

Flying Fish: When child completes the following skills, they will move to next level (Shark).

- Swim 10 minutes without stopping.
- Swim 100 IM (Individual Medley) in good form with starts and turns. (fly-back-brst-free)
- Tread water for 6 minutes.

Shark: When child completes the following skills,

- Perfect form in all strokes.
- Swim side stroke one length in good form.
- Swim 200 IM.
- Perform some basic lifeguard skills.

Starter Swim Team: for ages 6 -12 years.

* Should be Minnow level of the swim lesson program. Must be able to swim one length of the pool and have basic knowledge of front and back crawl in good form. Will work on front and back crawl, breast stroke and butterfly. Will learn starts and turns, sets, drills, and everything needed to join swim team.