

# Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

## Placement Suggestions

### PRESCHOOL 3yrs. – 5yrs.

#### PIKE : Beginner Level

- No Swimming Skills Required
- Introduction to Water and Swimming

#### EEL : Intermediate Level

- Ability to Put Face in the Water
- Should be Comfortable in Water
- Ability to Float on Front and Back without Hesitation
- Ability to Swim with Float Belt without Assistance
- Ability to Swim Short Distance without Float Belt

#### RAY: Intermediate/Advanced

- Should be Very Comfortable in Water
- Ability to Swim Width of Pool on Front and Back without a Float Belt and without Assistance.

#### RAY/STARFISH : Advanced Level

- Should be Very Comfortable in Water
- Ability to Swim Width of Pool on Front and Back without a Float Belt and without Assistance.

#### STARFISH: Highest Preschool Level

- Should be able to swim 25 yds. On front, back, and side with no floatation and no assistance.
- Should be able to tread water for 30 seconds.
- Swim to touch the bottom in 4 foot of water.
- Tread water for 30 seconds with no assistance.

### YOUTH 6yrs. – 12yrs.

#### POLLIWOG : Beginner Level for Ages 6 and Older

- No Swimming Skill Requirements
- Introduction to Water and Swimming

#### GUPPY : Beginner Level for Ages 6 and Older

- Should be Comfortable in Water
- Ability to Swim without Float Belt Width of the Pool

#### MINNOW : Intermediate Level

- Ability to Swim with Face in the Water
- Should have Elementary Knowledge of freestyle, backstroke, sidestroke, and breaststroke.
- Endurance to Swim Length of Pool with Multiple Strokes

#### FISH : Advanced

- Should Know and be Able to Confidently Swim the Following Strokes:
  - ◆ Freestyle with Rotary Breathing (to the side)
  - ◆ Backstroke
  - ◆ Breaststroke
  - ◆ Sidestroke
- Ability to Tread Water for 1 Minute
- Endurance to Swim Multiple Lengths of Pool

#### FLYING FISH: Advanced

- Should have Advanced Knowledge of Strokes as well as Performance
- Ability to Tread Water for 3 Minutes with Multiple Kicks
- Strong Endurance for Continuous Swimming

#### SHARK : Highest Level

- Mastery of all Skills and Strokes
- Ability to Tread Water for Over 6 Minutes
- Ability to Incorporate Flips Turns Into Swimming
- Extremely Strong Endurance to Swim a 500 Yards



YMCA

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