



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPLASH, LEARN, GROW

Youth Swim Lessons

**Registration for Winter B & 2 Session
will be Saturday, February 8th
at 9am
Online or In-Person at the Y**

Winter B Session Dates: Feb 24th – April 2nd

Winter 2 Saturday Session Dates: Feb 22nd – March 28th



3-5 years old Program

Pike

Beginner: Pike introduces new little swimmers to the pool and helps them develop safe water habits in a fun and encouraging environment. Swimmers will focus on basic paddle stroke, kicking skills, blowing bubbles, front and back floats, and water safety.

Eel

Intermediate Beginner: The Eel level is designed for little swimmers who are well adjusted to the water and have completed Pike skills. Eel swimmers continue to build on the basics learned in Pike, such as kicking and progressive paddle stroke. Additionally, they will learn more about pool safety and develop their floating.

Ray

Advance Beginner: Ray is intended to allow little swimmers a chance to begin developing endurance as well as improving stroke skills. Swimmers in the Ray level will be introduced to rhythmic breathing, front and back crawl, treading water, and rescue skills. Swimmers will also start learning the basics of elementary backstroke and breaststroke.

6-12 years old Program

Polliwog

Beginner: Polliwog introduces school-age children to the pool and helps them adjust to the water. It teaches basic skills including stroke work, gliding, front & back floating, & kicking as well as beginner rotary breathing.

Guppy

Intermediate: Swimmers in Guppy begin to refine their freestyle skills and learn back stroke. They will also be taught introductory breast stroke. Swimmers build confidence and improve technique.

Advanced Guppy

Designed for those students who are preparing to move to the Minnow level. This class builds the swimmers confidence in the lap pool while working on endurance, technique and other skills.

Minnow

Intermediate Advance: Swimmers in the Minnow level continue to work on learning and improving their strokes while increasing endurance and technique.

Fish

Advance: The Fish level is an advanced level for swimmers able to swim 50 yards of freestyle with side breathing, side stroke, backstroke and breaststroke. Other advanced skills and strokes will be taught.

