

Richardson Family YMCA

Learn to Swim Definitions

PARENT/TOT: 6 Months - 3 Years **30 Minute Class**

This class is designed for children six to 36 months and their parents. The primary objective is to get both the parent and child comfortable in the water. The child will become aware of the differences between moving through water and on dry land, while the parent will become aware of how to teach his or her child to be safer in and around the water. Classes are designed to allow the child to have fun in the water while the parent guides him or her to learn aquatic skills. The child will be exposed to games that use basic movements in the water such as kicking, arm strokes, and breathing control. Activities are based on the developmental abilities of the child.

P.E.R.S.: 3 - 5 years

Pike, Eel, Ray and Starfish are classes for the 3-5 year old swimmer, built on skills for learned in previous classes. Beginning with the Pike class, subsequent classes teach more in-depth swimming skills so that students who graduate from the Starfish class will have learned advanced swimming skills.

Pike (Beginner)

At this level, children usually begin attending classes without their parents. This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. The Pike class is designed for new swimmers. Students are taught basic paddle strokes, kicking skills, pool safety, and comfort in holding their faces in the water while blowing bubbles and swimming.

Eel (Advanced Beginner)

This advanced beginner level reinforces Pike skills. It is for children who are comfortable in the water. Students are taught to flutter kick, dive, float, and perform the progressive paddle stroke. Children can swim across the pool with out assistance by the end of this level.

Ray (Intermediate)

At this level children review previous skills, improve stroke skills, build endurance by swimming on their front and back , and learn to tread water and perform more progressive diving skills. Children can swim across the pool on their front and back without assistance by the end of this level.

Starfish (Advanced)

Children at this level review previously learned skills and refine their crawl and back strokes and floating skills. They also learn underwater swimming skills. Students will be able to swim the length of the pool on their front and back at the end of this level.

Progressive: 6 Years & Older

Polliwog, Guppy, Minnow, Fish, Flying Fish and Shark are classes for the six and older swimmer. These classes take the swimmer from beginner level in Polliwog to the experienced swimmer in shark.

Polliwog (Beginner)

This is the beginning level for school-age children. It gets children acquainted with the pool, the use of flotation devices, and front and back floating. By the end of this level, students should know **the front** paddle stroke, side and back paddle.

Guppy (Intermediate Beginner)

The children continue to practice and build upon basic skills, now performing more skills without the aid of a flotation device. They are introduced to lead-up strokes to the front and back crawl, side-stroke, breast stroke, and elementary backstroke.

Minnow (Advanced Beginner)

This is the initial intermediate level. The children further refine the lead-up strokes they have learned as their skills become more like those normally used in swimming. They learn still more synchronized swimming, and diving skills.

Fish (Intermediate)

Students work to perform the crawl stroke, elementary back stroke, back crawl stroke, and side-stroke, with turns. They are introduced to the butterfly stroke.

Flying Fish (Advanced Intermediate)

At this advanced level, students work on refining their strokes and increasing their endurance.

Adult Swim Lessons

Class will be held for all levels of adults to work on their stroke, or become familiar with the water.