



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TEACHING CONFIDENCE

## IN THE WATER

FULTON COUNTY YMCA

### Swim lessons

The purpose of the YMCA swim lesson program is to develop competency in swimming along with confidence and endurance. A child is advanced to the next level only when he or she can proficiently and safely perform the skills within his development, water sports and games, personal growth, and rescue.

We expect each child to learn and progress at his or her own rate. Therefore, do not be discouraged if your child does not complete all the skills within his or her level during any one session. Your child needs to know that it is acceptable to take as much time as is necessary to master the skills.

### How to choose what lesson to sign up for

Please follow the flow chart below to determine what lesson you should sign your child up for. If you feel that your child needs a swim evaluation, please contact membership services or our aquatics department for more information on swim testing dates or to set up an appointment with the aquatics director.



pike

Children adjust to the water and develop independent movement. Pike class teaches basic stroke and kicking skills, floating, blowing bubbles, and pool safety.



eel

For children who are comfortable in water and able to swim 5 feet with faces in the water. Eel class teaches more progressive kicking skills, arm movements, floating, breath control, and pool safety.



rays



starfish

For children who can swim 15 feet with their faces in the water. Reviews and improves stroke skills on front, back, and side. Builds endurance and introduces diving safety.

### Preschool levels (3-5 years old)

Will your child go under water/put their face in the water?



Can your child float on their front & back and swim horizontally in the water?



Can your child swim above the water on their own?





polliwogs

Beginner level for those who are inexperienced in the water. Polliwog class teaches basic swimming skills and pool safety. Some additional skills include gliding with face in water and treading water.



guppies

Advanced beginner level for those who can swim 15-20 feet without a floatation device. Guppy class teaches rudimentary rotary breathing and stroke skills, pool safety and rescue. Some additional skills include introduction to diving.



minnows

Intermediate level for those who can swim 25 yards of front crawl and backstroke. Minnow class teaches refined rotary breathing, new strokes, pool safety and rescue. Some additional skills include diving and endurance.



fish

Advanced intermediate level for those who can swim 50 yards of front crawl, sidestroke, and backstroke. Fish class reviews and refines previously learned strokes, introduces butterfly and focuses on personal safety and endurance.



flying fish

Advanced level for those who can swim 100 yards of front crawl, sidestroke, backstroke and breaststroke. Flying Fish class reviews and refines previously learned strokes, continues to work on butterfly and focuses on sports, games and endurance.



shark

Swimming level for those who can swim 100 yards of front crawl, sidestroke, backstroke and breaststroke. Shark class reviews and refines previously learned strokes, and introduces new strokes, turns relays, and prepares class members for competitive swimming.

## Youth levels (6-11 years old)



Will your child go underwater/put their face in the water? Can your child swim 15-20 feet without a floatation device?



Can your child swim the length of the pool on both their front and back without a floatation device?



Can your child swim the length of the pool doing front crawl with rotary breathing, backstroke, rudimentary sidestroke and breaststroke?



Can your child swim 2 lengths of the pool doing front crawl with rotary breathing, backstroke, rudimentary sidestroke and breaststroke and dolphin kick?



Can your child swim 4 lengths of the pool doing front crawl with rotary breathing, backstroke, rudimentary sidestroke and breaststroke and dolphin kick?



Can your child swim 4 lengths of the pool doing front crawl with rotary breathing, backstroke, rudimentary sidestroke, breaststroke, the Trudgen crawl, butterfly, and flip turns?