

YMCA SWIM LEVELS



Review the information below to see which level is the best fit:

PARENT & CHILD CLASSES

- Parent & Child: Infant & Toddler Intro/Waterbabies (Ages 6 months-3 years)
Adult Required in Water
Introduces infants and toddlers to the aquatic environment. Skills taught include body positioning, blowing bubbles, water safety, and more as the child progresses. A parent/guardian is required to enter the water with the child each day of class.
- Parent & Child: Young Beginners Class (Ages 3-7yrs)
Adult Required in Water
Increases confidence in and under water with the help of a parent. This class is ideal for children who are not yet comfortable practicing skills on their own. Instructors emphasize safety around water and basic swim & self-rescue skills. A parent/guardian is required to enter the water with the child each day of class.

BEGINNER & INTERMEDIATE CLASSES

- Level 1 Polliwog - Swimming/Water Fitness for Kids (Ages 5-up) Water Basics
For non-experienced swimmers comfortable in a group class without a parent/guardian in the water. Students learn basic swimming skills including submerging underwater, the Backfloat, and the Front Crawl.
- Level 2 Guppy - Swimming/Water Fitness for Kids (Ages 6-up) Water Movement
For participants who have passed Level 1: they are able to float on their back and Front crawl 5 yards independently. Level 2 expands on these skills and introduces Side Breathing and Backstroke.
- Level 3 Minnow - Swimming/Water Fitness for Kids (Ages 6-up) Water Stamina
For participants who have passed Level 2: they are able to Front Crawl with Side Breathing as well as perform Backstroke for 15 yards independently. Must possess self-rescue skills including independently swimming and back floating to safely participate at this level. Level 3 develops Front Crawl and backstroke at longer distances than previous stages to improve water stamina. Reinforces water safety through introduction of Elementary Backstroke.
- Level 4 Fish - Swimming/Water Fitness for Kids (Ages 7-up) Stroke Introduction
For participants who have passed Level 3: they are able to swim 25 yards across the pool of Front Crawl, Backstroke, and Elementary Backstroke with no assistance. Level 4 introduces treading water, flip turns, dives, and Breaststroke.

ADVANCED SWIM CLASSES

- Level 5/6 Combination - Advanced Swim (Ages 7-up)
For participants who have passed Level 4: they are able to swim 50 yards of Front Crawl, Backstroke, and Breaststroke with no assistance and are familiar with treading water, flip turns, and dives. Level 5/6 introduces Butterfly and develops endurance and technique of Front Crawl, Backstroke, Breaststroke, dives and flip turns.
- Pre-Swim Team (Ages 10-up)
Introduces the concept of team and competitive swim skills in turns, dives, and starts. Refines stroke technique for performance speed and strength. Students must be able to swim 100 yards each of Freestyle, Backstroke, Breaststroke, and Butterfly with endurance. Must have completed Level 5 or equivalent.

OTHER OPTIONS

PRIVATE LESSONS

Well-trained YMCA Staff will teach essential swimming and water safety skills. Skills taught in class are tailored to suit individual needs.

ADULT LAP SWIM (Ages 18-up)

Allows participants access to the pool for a 35-minute workout at the time slot selected with a lifeguard on duty. No more than 2 swimmers per lane allowed. No private swim instruction or coaching permitted during this time.