

# Westport Weston Family YMCA

## Youth Swim Lesson Levels

### Swim Lessons 3-5 Year Olds:

**Pike:** Designed for children 3-5 years old. Instructors will focus on getting swimmers acclimated to the water, balancing in the water with a flotation device. Maneuvering through the water using a barbell and kickboard. Building confidence and having fun along the way!

- **To graduate Pike** skills to complete are floating unsupported, alternate arm action, comfortable putting face in the water and kicking on front and back with minimal support.

**Eel:** Designed for children 3-5 years old. Instructors will focus on refining body position in the water, stroke development on the front and back and being able to swim with and without a barbell.

- **To graduate Eel** skills to complete are swimming unassisted 5 yards on both front and back without support.

**Ray:** Designed for children 3-5 years old. Instructors will continue focus on freestyle with an introduction to rotary breathing. Backstroke coordination and body development will continue as well.

- **To graduate Ray** skills to complete are swimming freestyle, backstroke and breaststroke 5 yards. Basic understanding of rotary breathing.

**Starfish:** Designed for children 3-5 years old. Instructors will focus on teaching level body positions, rhythmic breathing and rotary head movement for freestyle. Arm and leg coordination for backstroke. Pull breathe kick glide coordination for breaststroke. Treading water and basic diving fundamentals.

- **To graduate Starfish** skills to complete are proficient swimming for freestyle, backstroke for 20 yards. Swim Breaststroke 10 Yards. Tread water for one minute. Diving from a kneeling position

## Youth Swim Lessons 6-12 Year Olds:

**Polliwog:** Specially designed for children who are 6-12 years old who are new to swimming. Skills that will be worked on is water adjustment to build confidence, basic elements of floating and gliding, breathing and paddle stroke for beginner swimmer.

- To graduate **Polliwog** skills to complete are floating unsupported, alternate arm action, comfortable putting face in the water and kicking on front and back 10 yards.

**Guppy:** Specially designed for children 6-12years old. Instructors will focus on teaching level body positions and rotary head movement for freestyle. Arm and leg coordination for backstroke. Pull breathe kick glide coordination for breaststroke. Will work on treading water and diving from a kneeling position.

- To graduate **Guppy** skills to complete are proficient swimming for freestyle, backstroke 20 yards. Breaststroke for 10 yards. Freestyle must be with rotary breathing Tread water for 1 minute and dive from a kneeling position.

**Minnow:** Designed for children 6-12years old. Swimmers will learn how to complete 1-2 lengths in the pool without stopping. Swimmers will work on continued progression on freestyle with rotary breathing, backstroke and breaststroke for increased distances. Dolphin kick and diving from a standing position will also be introduced.

- To graduate **Minnow** skills to complete are proficient swimming for freestyle, backstroke and breaststroke up to 50 yards. Dolphin kick 10 yards. Tread water for 2 minutes

**Flying Fish:** Designed for children 6-12years old. Swimmers will learn how to swim each stroke (breast, front, back and side), 75 yards without stopping, introduce open-turns and pull-outs, flip turns and be taught the butterfly stroke.

- To graduate **Flying Fish** skills to complete are proficient swimming for freestyle, backstroke and breaststroke 100 yards. Diving from a standing position and from the starting blocks. Tread water for 2 minutes

**Shark:** Designed for children 6-12years old. Swimmers will learn how to swim each stroke (butterfly, breast, front, back and side) for up to 200 yards without stopping, master starts, flip turns and complete a 200 individual medley. Learn basic fundamentals of racing.