

# Westport Weston Family YMCA

## AQUATICS DEPARTMENT

### New Swim Lesson Program Overview - 2017 Spring 2

Current Class	New Class	Age	What's New?	Graduation Requirements
Shrimp/Kippers	Water Exploration	6-18mo	Same class, new name.	N/A
Inia/Perch	Water Discovery	18-36mo	Same class, new name.	Children move to Water Discovery when they turn 18 months.
Pike	Level 1: Water Acclimation	3-5 years	The new class adds rolling front to back with assistance.	To graduate Level 1: Bob independently, blow bubbles, front/back glide and float for 10 seconds supported.
Eel	Level 2: Water Movement	3-5 years	The new class adds treading Water, Rolling front to back independently	To graduate Level 2: Blow bubbles for 10 seconds, front and back glide and float for 20 seconds unsupported, swim 5 yards assisted on front, jump in from side of the pool.
Ray	Level 3: Water Stamina	3-5 years	The new class adds treading water.	To graduate Level 3: Retrieve an object in chest deep water, swim on front and back for 15 yards, tread water for 1 minute, combination of swim, float, swim for 25 yards.
Starfish	Level 4: Stroke Introduction	3-5 years	The new class adds breaststroke/butterfly fundamentals.	Children ages 3-5 years will graduate Level 4 when they turn 6 years old.
Polliwog*	Level 3: Water Stamina*	6-12 years	The new class adds rotary breathing, full stroke freestyle and backstroke.	To graduate Level 3: Retrieve an object in chest deep water, swim on front and back for 15 yards, tread water for 1 minute, combination of swim, float, swim for 25 yards.
Guppy	Level 4: Stroke Introduction	6-12 years	The new class adds butterfly, full stroke.	To graduate Level 4: Swim a 25 yard freestyle with rotary breathing, swim backstroke and elementary backstroke at least 15 yards. Swim breaststroke and butterfly kick for 15 yards, tread water for 1 minute.
Minnow	Level 5: Stroke Development	6-12 years	Same class, new name.	To Graduate Level 5: Swim freestyle for 50 yards, swim backstroke, sidestroke and breaststroke for 25 yards, swim butterfly 15 yards, tread water for 2 minutes
Flying Fish	Level 6: Stroke Mechanics	6-12 years	The new class adds elementary backstroke for 50 yards.	After completing Level 6, children may follow 3 paths: Recreational (Stroke & Turn), Competitive (Water Rat Swim Club) or Rescue (Jr. Lifeguard).
Shark	Stroke and Turn	6-12 years	Open Turns, Racing starts	After completing Stroke & Turn, children may follow 2 paths: Competitive (Water Rat Swim Club) or Rescue (Jr. Lifeguard).

\*Note: Any child that starts the swim lesson program at age 6 or older will enter this program at Level 3: Water Stamina (6-12 Year Olds)