

Y SWIM LESSONS™

Checklist for choosing the right level of YMCA swimming lessons for your child

Register your child for the highest level for which they can meet all of the listed requirements.

Preschool (PERS) for ages 3-5:

- Pike** Beginner with little or no swimming experience.
- Eel** Can put face into water
 Can float on front & back assisted.
- Ray** Can float on front and back for at least 5 seconds unassisted.
- Starfish** Can swim 5 yards on front and back with kick unassisted.
 Has been introduced to arms for both front & back crawl stroke.

Progressives (School age) for ages 6-14:

- Polliwog** Beginner with little or no swimming experience.
- Guppy** Can swim 10 yards on front & back with arms.
- Minnow** Can tread water for at least 20 seconds.
 Can swim 20 yds on front with arm action and some side breathing.
 Can swim 20 yds on back with arm action and kick.
 Has been introduced to deep water.
- Fish** Can swim 20 yards front crawl stroke with side breathing.
 Can swim 20 yards back crawl stroke.
 Can tread water for at least 1 minute.
- Flying Fish** Can swim 40 yards front crawl stroke.
 Can swim 40 yds back crawl stroke.
 Can swim 20 yds elementary backstroke.
 Has been introduced to the breaststroke.
- Shark** Can swim 80 yds front crawl stroke
 Can swim 80 yds back crawl stroke
 Can swim 20 yds breast stroke.

Skills required to complete levels:

PERS (Ages 3-5)

PIKE SKILLS

I know how to enter and exit the pool safely
Fully submerge face and hold breath for 3 seconds
I can float on my front with support
I can float on my back with support
I can show alternate arm action
I can kick on my front with support
I can kick on my back with support

EEL SKILLS

Fully submerge head for 3-5 sec.
Retrieve objects in chest deep water- submerged
Front float 5 seconds
Back float 5 seconds
Introduction to front glide
Introduction to back glide

RAY SKILLS

(should be done w/o assistance to become Starfish)
I know how to enter and exit the pool safely
Fully submerge head for 5-10 sec.
Retrieve objects in chest deep water-submerged
Orientation to deep water
10 bobs
Front float with recovery-5 seconds
Back float with recovery-5 seconds
Front glide with recovery-5 seconds
Back glide with recovery-5 seconds
Flutter kick on front 5 yards
Flutter kick on back 5 yards
Finning on back
Introduction to side breathing
Back crawl arm action
Combined stroke on front 5 yards
Combined stroke on back 5 yards
Turning over front to back and back to front

STARFISH SKILLS

Introduction to treading water
15 bobs
Bob to safety
Jump into deep water and return to safety
Front glide two body lengths
Back glide two body lengths
Front glide with kick-10 seconds
Back glide with kick 10 seconds
Finning on back 20 yards
Front crawl-some breathing to side-20 yds
Introduction to elementary back stroke arms
Reverse direction while on front and back

PROGRESSIVE (Ages 6-14)

POLLIWOG SKILLS

Fully submerge head for 10 seconds
Retrieve objects in chest deep water-submerged
Orientation to deep water
15 bobs
Front float with recovery-10 seconds
Back float with recovery-10 seconds
Front glide with recovery-10 seconds
Back glide with recovery-10 seconds
Flutter kick on front 10 yards
Flutter kick on back 10 yards
Finning on back 10 yards
Introduction to side breathing
Back crawl arm action
Combined stroke on front-alternating arms, catch
breath & kick- 5 yards
Combined stroke on back-kick & choice of arms-5+ yds
Turning over-front to back and back to front

GUPPY SKILLS

Introduction to treading water
15 bobs
Bob to safety
Jump into deep water and return to safety
Front glide two body lengths
Back glide two body lengths
Front glide with kick-10 seconds
Back glide with kick-10 seconds
Finning on back 20 yards
Front crawl-some breathing to side-20 yds
Introduction to elementary back stroke arms
Reverse direction while on front and back

MINNOW SKILLS

Tread water-1 minute-deep water
Survival floating-1 minute
10 deep water bobs
Retrieve object from bottom of pool (eyes open)
Jump into deep water and return to safety
Front crawl with rotary breathing-20 yards
Back crawl-20 yards
Elementary backstroke-10 yards
Introduction to breaststroke kick
Combined swim-20 yds front crawl & 20 yards back
crawl (no rest)
Diving-kneeling and compact positions

FISH SKILLS

Treading water-intro to alternate kicks-2 min.
Survival floating-2 minutes
Rotary breathing & exhaling under water
Front crawl-40 yards
Back crawl-40 yards
Elementary backstroke-20 yards
Breaststroke kick-10 yards
Introduction to breaststroke arms
Combined swim-dive into pool-20 yds front crawl & 20 yards
back crawl (no rest)
Learn safe diving rules
Diving-stride and standing positions