

Which YMCA Swim Lesson Class Should My Child Be In?

This Class

- if they can do these things...

	<u>Development</u>
Shrimp	6-9 months
Kipper	9-12 months
Linea	12-18 months
Perch	18 months - 3 years

Preschool (3-5 yr)

	<u>Ability</u>
Pike	Child can follow directions and be independent of parent in water
Eel	Floats 20 sec. w/float belt; paddles on front, back and side 1/2 length of pool w/float belt - 1 body length w/o float belt.
Ray	Floats 20 sec. w/o float belt; paddles on front, back and side 1 length of pool w/float belt - wall to flags w/o float belt.
Starfish	No float belt; floats 30 sec.; symmetrical and alternating paddles across Emerson (small) Pool w/o float belt. Floats 1 min.; Tread water 20 sec.; symmetrical and alternating paddle 1 length of pool w/o float belt.

Youth (6+ yr)

(equivalent of Pike & Eel)	Polliwog	Child can follow directions and be independent of parent in water
(equivalent of Ray & Starfish)	Guppy	Floats 20 sec. w/o float belt; paddles on front, back and side 1 length of pool w/float belt - wall to flags w/o float belt.
	Minnow	Floats 1 min.; Tread water 20 sec.; symmetrical and alternating paddle 1 length of pool w/o float belt.
	Fish	Resting stroke 3 min.; Rudimentary free, back, breast & side strokes 1 length of pool.
	Flying Fish	Float 6 min.; Free, back, breast & side stroke 50 yds.; Butterfly 15 yds.
	Shark	Float w/clothes 6 min.; Free, back, breast & side stroke 100 yds.; Butterfly 15 yds.
	Porpoise	Swim within target heart rate; 200 IM; flip turns, Trudgen crawl 50 yds.; Butterfly 25 yds.