

HOW TO CHOOSE THE BEST Y SWIM LESSON



for 3-5 year olds

Help your child succeed by not over-estimating you child's ability. Child will learn best when you select carefully based on their true ability.

TODDLER

Skills Required:

- comfortable with power packs

Will Learn:

- to blow bubbles
- put face in water
- proper kicking
- be independent with power packs

PIKE

Skills Required:

- blow bubbles
- submerge
- front & back float with assistance

Will Learn:

- paddling
- front & back floats
- independence in water
- jumping in
- kicking

EEL

Skills Required:

- float on front & back w/o assistance
- put face in water
- swim w/o power pack

Will Learn:

- bobbing
- swim on back
- swim 10 yd front crawl
- treading water
- sitting dives

RAY

Skills Required:

- swim w/o power pack
- glides and floats
- jumps in water
- swim 10 yd w/o assistance

Will Learn:

- freestyle
- backstroke
- rotary breathing
- treading water
- kneeling dives
- underwater retrieval

STARFISH

Skills Required:

- tread water
- swim 25 yd using a modified crawl
- unassisted floats

Will Learn:

- survival float
- kneeling, sitting & standing dives
- 25 yd freestyle w/ rotary breathing
- 25 yd backstroke
- treading water
- introduction to breaststroke

for 6-12 year olds

Help your child succeed by not over-estimating you child's ability. Child will learn best when you select carefully based on their true ability.

POLLIWOG

Skills Required:

- comfortable with power packs

Will Learn:

- front & back glide with kicking
- treading water with scissor kick
- sitting dive
- front & back floats
- jumping in w/ assistance

GUPPY

Skills Required:

- blow bubbles
- putting face in water
- float & paddle without assistance

Will Learn:

- 25 yd front crawl
- rotary breathing
- treading water with scissor kick
- intro to racing starts
- jump in and swim
- victim recognition

MINNOW

Skills Required:

- 25 yd front crawl
- jump in deep end

Will Learn:

- 25 yd backstroke
- racing start
- intro to front turns
- survival float
- treading water
- diving safety
- building endurance
- emphasize rescue & safety skills

FISH

Skills Required:

- 25 yd front crawl & backstroke
- starting dive from pool edge

Will Learn:

- breaststroke kick
- elementary backstroke
- intro to butterfly kick
- 10 yd underwater swim
- surface dives
- survival float
- intro to side stroke
- emphasize rescue & safety skills