

## Skill Sheet for West Side Family YMCA Swim Lessons

### Parent Child Classes 6 months-35 months old

Must be 6 months old and have good head control. Example: If laying on his/her belly, can lift head up to look at something. Parent or guardian is in the pool with the child. Kids will be in this class until they turn 36 months and then they can begin the Preschool Classes.

### Preschool Classes 3-5 year olds

#### *Pike*

This is the introductory class for the Preschool Program. To exit out of this class, a child must be able to jump off the side in 5 feet of water and swim the width of one lap lane and back to the pool side by themselves.

#### *Eel*

This is the intermediate class for the Preschool Program. To exit out of this class, a child must be able to jump off the side in the deep end and swim to the lifeguard stand by themselves. This class learns freestyle, backstroke, and side stroke.

#### *Ray*

This is the advanced class for the Preschool Program. This level will continue to learn the freestyle, backstroke, side stroke, and introduce breaststroke and diving.

### Youth Classes 6 – 12 year olds

#### *Guppy*

This is the introductory class for the Youth Program. They will learn the freestyle, backstroke, side stroke, and elementary backstroke. To exit out of this class, a child needs to be able to swim 25 yards, one pool length, unassisted.

#### *Fish*

This is the intermediate class for the Youth Program. They will continue to improve the freestyle, backstroke, sidestroke, elementary backstroke, breaststroke, and introduce butterfly. To exit this class, a child needs to be able to swim 50 yards without assistance.

#### *Shark*

This is the advanced class for the Youth Program. In this class, kids will begin to learn how to do a 200 IM, and will improve distance swimming. Kids will swim up to 100 yards of freestyle, backstroke, breaststroke, and elementary backstroke.