

Tuscarawas County YMCA

600 Monroe Street, Dover, Ohio 44622 330-364-5511 www.tuscymca.org

“WHAT CLASS IS RIGHT FOR ME?”

A guide to help you chose the correct swim lesson level for your child.

Preschool Programs: Ages 6 months to 6 years

(SWIM DIAPERS ARE A MUST FOR THOSE NOT YET FULLY POTTY TRAINED.)

Parent/Child This class is for any child between the ages of 6 months to 2 years old. The class is held in the small pool and is 30 minutes long. SWIM DIAPERS ARE A MUST! The child needs to also wear either a swim suit or rubber pants over the swim diaper. Purpose of this class is to help the child become comfortable in and around the water through play and songs while splashing around and having fun with their favorite adult buddy.

Pike with Parent This class is a TRANSITIONAL CLASS from Parent/Child to Pike for those meeting the age requirement of 2 to 4 years old. It is a class for beginners with little to no experience with swimming lessons. The parents will enter the small pool with the child and perform skills with them. This is a 45 minute class: 30 minutes of instruction w/ teacher and 15 minutes of “free time” for child and parent to practice skills or reward good behavior/performance.

Pike This is a class for those meeting the age requirement of 3 years of age to those in or entering Kindergarten. It is a beginning level for those with little to no swimming/swim lesson experience. The child will be in the water with an instructor and without the parent. Class is held in the small pool and is 45 minutes long.

Eels This class is 45 minutes long and is held in the LARGE pool. Participants must be 3 years old to those in or entering Kindergarten. The child must have passed the **Pike** level and/or be able to complete the following skills to participate the Eel swim level:

- Be fully adjusted to and comfortable in the water alone
- Enter/exit the water independently
- Facial submersion
- Blow bubbles
- Bobs (submersing body under water several times in a row with no hesitation)
- Front float w/face in the water independently
- Front float w/flutter kick 10-20ft. unassisted
- Back float w/ proper head and body position unassisted
- Back float w/ kicking and sculling (little arm movements) 10-20 ft. unassisted
- Stroke and kick on front w/face in the water for 20 ft. unassisted w/ breathing
- Proper use of kickboards and other floatation devices unassisted

Rays This class is a 45 minute class held in the LARGE pool and is intended for those 3 years of age to those in or entering Kindergarten that have passed the **Eel** level and/or are able to complete the following skills:

- Front float w/ flutter kick, streamline position for ½ of 1 length of the pool unassisted
- Front crawl for ½ of 1 pool length w/ rotary breathing (to the side, ear in the water), bent arm recovery and flutter kick
- Back float w/ kicking and sculling (small under-water arm movements at the side) for 1 length of the pool w/proper head and body position and flutter kick
- Roll from a front float to back float and back float to front float unassisted
- Use of kickboard on front and back for 2 lengths of the pool unassisted
- Safety Jump and return to the wall unassisted in deep water
- Introduction to treading water (up to 15 seconds) and sidestroke

Starfish This class is a 45 minute class held in the LARGE pool and is intended for those 3 years of age to those in or entering Kindergarten that have passed the **Ray** level and/or are able to complete the following skills:

- Front Crawl unassisted for 1 length w/ Rotary Breathing (breathing to the side rather lifting head forward), bent arm recovery and good straight leg flutter kick
- Back crawl unassisted for 1 length with proper head and body position, good straight leg flutter kick and proper hand position (thumb out of water first, pinky in first)
- Sidestroke for 1 length unassisted
- Treading water for 30 seconds unassisted
- Introduction to the Whip Kick (frog kick) and sculling on the back
- Introduction to Breaststroke
- Standing dive in deep water unassisted
- Introduction to the Dolphin Kick (the kick used in Butterfly stroke)

Youth: 1st graders to 12 years old

(All youth level classes are held in our large pool and are 45 minutes long)

Poliwog This is a beginner level for those with little to no swimming/swim lesson experience. Class is 45 minutes long and held in the shallow end of the pool with little introduction to the deep end of the pool.

Guppy This level must have completed the POLLIWOG level and/or are able to complete the following swimming skills:

- Adjustment to the water and feels comfortable in and around the water
- Enter and exit water unassisted
- Facial submersion / Blow bubbles
- Bobs (going under water several times in a row with little to no hesitation)
- Front float w/ face in the water unassisted
- Front float w/ flutter kick and face in the water 20 to 30 feet unassisted
- Back float w/ proper head and body position unassisted
- Introduction to Back Crawl
- Streamline glide unassisted
- Stroke and kick on front w/ face in the water for 20-30 ft. unassisted
- Roll from front float to a back float & from back float to a front float unassisted
- Use of kickboards or other floatation unassisted
- Jump into the water and return to the wall unassisted

Minnow This level must have completed the GUPPY level and/or are able to complete the following swimming skills:

- Front Crawl for 1 length of the pool w/ rotary breathing (turning head to the side and not lifting it out of the water), bent arm recovery and good flutter kick.
- Back float w/kicking and sculling (small arm movement w/ arms at the sides) for 1 length of the pool w/ proper head and body position and flutter kick.
- Back Crawl 1 length with intro to proper over-arm movement
- Use of kickboard on front and back for 2 lengths of the pool unassisted
- Jump into water, swim to middle of pool on front, tread water for 10 seconds and return to the wall on back unassisted in deep water
- Tread water for 1 minute
- Side Stroke for 1 length unassisted

Fish This level must have completed the MINNOW level and/or are able to complete the following swimming skills:

- Front crawl unassisted for 4 lengths of the pool w/ bilateral rotary breathing (head turning side to side rather than lifting head out of the water to breath), bent arm recovery and good straight leg flutter kick
- Back Crawl unassisted for 2 lengths of the pool w/ proper head and body position, good straight leg flutter kick and proper hand position (as hand leaves the water the thumb come out first and as it enters the water the pinky finger enters first).
- Side stroke for 1 length w/ proper technique and coordination
- Tread water for 5 minutes unassisted
- Coordination of the Breaststroke and Elementary Backstroke
- Standing dive in deep water unassisted
- Resting stroke for 5 minutes (basic survival float on front)
- Endurance swim (12 lengths consisting of the 5 stroke learned thus far)

Flying Fish This level must have completed the FISH level and/or are able to complete the following swimming skills:

- Front Crawl for 6 lengths continuous in good form
- Back crawl for 4 lengths continuous in good form
- Breaststroke for 2 lengths continuous with good form and rhythm
- Elementary Backstroke for 2 lengths continuous with good form and rhythm
- Sidestroke for 2 lengths continuous in good form
- Introduction to Butterfly
- Endurance swim ¼ mile (18 to 20 lengths)
- Introduction to Flip Turns
- Float for 10 minutes

Shark This level must have completed the FLYING FISH level and/or are able to complete the following swimming skills:

- Front Crawl for 4 lengths w/ Bilateral Breathing (to both sides) and continuous
- Back Crawl 4 lengths continuous with good form and rhythm
- Introduction to the Back Crawl flip turn
- Breaststroke for 4 lengths in good form and w/ good rhythm
- Elementary Backstroke for 4 lengths w/ good form and good rhythm
- Sidestroke for 4 lengths – Alternating side with each length in good form
- Lifesaving stroke (front crawl w/head out of the water) 2 lengths
- Intro to 100 yard Individual Medley (I.M.) which means 1 length of each stroke continuous in this order: Butterfly, Back Crawl, Breaststroke, Front Crawl
- Endurance swim – ¼ mile (18 -20 lengths)
- Tread water for 10 minutes while alternating the whip kick, eggbeater kick, scissor kick, bicycle, and flutter kick

Please be advised: If a child has been registered for the incorrect swim lesson level we reserve the right to require that child to be transferred to the correct level (when possible) or withdraw from the class with a full credit toward the next session of lessons. This is not only for safety of your child the other children in that class, but also out of courtesy to those who have been placed in the correct level for their abilities so that they may receive the level of instruction necessary for their progression to the next level. We appreciate your cooperation with this matter. Any questions may be directed to Stacy Harlan, Aquatic Director.