

AQUATICS: SWIMMING LESSONS

The YMCA swimming lessons are geared towards fitness, safety, and most of all “building strong, kids, strong families, and a strong community”. Our goal is to teach lifelong skills that can help our patrons stay healthy, active, and save in and around water.

We offer a wide variety of swimming lessons through the YMCA of Mount Vernon. By using a variety of teaching methods: from problem –solving, guided-discovery, in a positive and caring environment we are able to enforce the importance of safety and the feeling of accomplishment in our swimmers.

WATER ADJUSTMENT LEVELS (ages 6 months-3 years)

Water adjustment levels are for infants/toddlers and their parents/guardians to work together in becoming familiar and comfortable with a pool atmosphere.

SKIPS (ages 6 months-3 years)

Skips is a water adjustment class for infants and toddlers, ages 6 months to 3 years old. This is an instructor guided class that engages parent/guardian and child in developing safe pool behavior and helping the child feel comfortable in and around the water. Skills introduced and practiced: entering and exiting the pool safely from the side and ladder; blowing bubbles; paddling with assistance; sing songs, and play games in a group atmosphere. Children not yet potty trained must wear a swim diaper in the pool.

PRE-PIKE (ages 2-3 years)

Pre-Pike is a water adjustment class for toddlers, ages 2 to 3 years old. This is an instructor guided class that engages parent and child in continuing to develop safe pool behavior and helping the child feel comfortable in and around the water. Skills introduced and practiced: kicking with equipment (a noodle or barbell (more independent movement); blowing bubbles; getting face wet; jumping in safely and paddling back to the side; sing songs and play games in a group atmosphere. Children not yet potty trained must wear a swim diaper in the pool.

PRESCHOOL SWIM LEVELS (ages 3-5 years)

Preschool swim levels are usually a child’s first experience in the pool without their parent. Children are taught the basic skills that are the building blocks to their swimming future, as well as, pool safety and the how to use a personal flotation device. Each class is taught by a YMCA certified instructor. Swimmers are divided into the skill levels and classes so that the instructor is able to provide each swimmer with ample individual attention.

PIKE (ages 3-5 years)

Pike is designed for non-swimmers ages 3 to 5 years old. This is an instructor guided class that develops safe pool behavior, adjustment to group learning, and develop independent movement in the water. Swimmers will also learn safety skills such as: when to call 911; how to use a personal flotation device. In order to progress to Eel, a swimmer must be able to **consistently**:

- Explore water, get face wet, bob under water
- Adjust to group situation well and follow directions
- Move through water comfortably, without adult support on a noodle or barbell; front, back, & side
- Swim about 5 feet, with no assistance or noodle, on front, back, and side
- Float on front & back for 30 seconds on noodle

EEL (ages 3-5 years)

Eel is designed for beginning swimmers ages 3 to 5 years old. An instructor guided class that is for advanced beginners who are already comfortable in and under water. Reinforcement of Pike skills. Swimmers will also learn how to jump into deep water and return to side; tub float with or without noodle; review: when to call 911. In order to progress to Rays, a swimmer must be able to **consistently**:

- Swim width of pool on noodle on their front, back, & side

- Consistently swim width of the pool in deep water on front (face in), back, & side without assistance.
- Float on front and back for 10 second without assistance

RAYS (ages 4-5 years)

Rays is designed for advanced swimmers ages 4 and 5 years old. An instructor guided class that emphasizes stroke skills and endurance. Swimmers will also work on dribble, pass, and catching of a ball while treading or on a noodle; tub float; back somersault; swim to bottom and pick up items; review: when to call 911; how to use a personal flotation device. If your child is turning 6, he/she may go to the Youth: Guppy level. In order to progress, at 6 years old, to Guppy the swimmer must be able to **consistently**:

- Kick length of pool with kickboard on front, back, and side
- Improved form and endurance; swim lengths of pool: front crawl with rhythmic breathing, back crawl, sidestroke, elementary backstroke, and introduction to breaststroke.
- Tread water, and float on their front and back for 30 seconds
- Jump or dive into deep water

YOUTH SWIM LEVELS (ages 6-12 years)

Youth swim levels consist of 6 levels that cover all the strokes, diving fundamentals, and review of water safety skills. Each class is taught by a YMCA certified instructor. Swimmers are divided into the skill levels and classes so that the instructor is able to provide each swimmer with ample individual attention.

POLLIWOG (ages 6-12 years)

Polliwog is designed for non-swimmers ages 6 to 12 years old. This beginner level helps school aged children develop safe pool behavior, adjust to the water, and develop independent movement through the water. Swimmers also learn to jump in deep water and return to side; introduce or review: when to call 911; how to use a personal flotation device. In order to progress to Guppy, swimmer must be able to **consistently**:

- Swim on front, back, and side with noodle the width of the pool
- Consistently swim widths of the pool in water on front (face in), back, and side without assistance
- Front and back float for 30 seconds without assistance

GUPPY (ages 6-12 years)

Guppy is designed for swimmers ages 6 to 12 years old. An instructor guided 30 minute class that emphasizes stroke skills, correct rotary breathing, and endurance. Swimmers are also introduced to kneeling and standing dives in deep water; tub float; front and back somersaults; when to call 911; how to use a personal flotation device. In order to progress to Minnow, swimmer must be able to **consistently**:

- Swim 20 yards each of the following: front crawl with rotary breathing, backstroke, elementary backstroke, sidestroke and introduction to breaststroke
- Tread water 20 to 30 seconds
- Front and back float for 1 minute each

MINNOW (ages 6-12 years)

Minnow is designed for swimmers ages 6 to 12 years old. An instructor guided 45 minute intermediate class that continues to refine strokes and build endurance. As well as, dribbling, passing, and shooting a ball while treading water; dolphin and oyster kick. Swimmers will also be working on self-discipline and goal setting. Review: when to call 911; how to use a personal flotation device. In order to progress to Fish, swimmer must be able to **consistently**:

- Swim 25 yards each of the following with good form: front crawl with rotary breathing, backstroke, side stroke with scissors kick, elementary backstroke, breaststroke, and dolphin kick

FISH (ages 6-12 years)

Fish is designed for swimmers ages 6 to 12 years old. An instructor guided 45 minute class that continues to perfect their strokes, increase distance, and endurance. Swimmers also work on treading

water with different kicks for 3 minutes; front and back float for 6 minutes; introduced to mask and fins (may bring their own snorkel); sculling head and feet first; standing dives. Review: dribbling, passing, and shooting a ball while treading water; when to call 911; how to use a personal flotation device. In order to progress to Flying Fish/Shark, swimmer must be able to **consistently**:

- Swim 50 meters each of the following with good form: freestyle; backstroke with shoulder roll; sidestroke with glide; breaststroke with glide, and beginning butterfly

FLYING FISH/SHARK (ages 8-12)

Flying Fish/Shark is designed for advanced swimmers ages 8 to 12 years old. An instructor guided 45 minutes class that is tailored to swimmers individual needs. Swimmers continue to work on stroke refinement, endurance, and distance. Introduce racing dives, racing starts, dives, and more. Review: when to call 911; how to use a personal flotation device; basic rescue and first aid skills. To successfully complete these levels, swimmers must **master**:

- Continuously swim 100 meters each of the following with good form: freestyle with bent arm pull, backstroke with bent arm pull; breaststroke with pullout, sidestroke, butterfly while using front and back flip turns

NEW! STROKE CLINIC (ages 10-18)

Stroke Clinic is an instructor guided 50 minute class that is tailored to working on the improvement of each stroke: freestyle, backstroke, breaststroke, and butterfly. As well as, front and back flip turns. Swimmers will practice stroke specific motions, build on distance and endurance while increasing speed. This clinic is for competitive swimmers or individuals interested in distant swimming.