



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Lesson Class Level Descriptions

Infant, Toddler & Preschool Classes: 6 months – 5 years

Parent/Child: A parent/child class designed for children ages 6-36 months. Child will learn basic skills such as blowing bubbles, arm movement and kicking. The primary objective is to get the child comfortable in the water.

Prerequisite: Child must be 6 months by the first day of class and have head control. Parent or responsible adult age 18 or older must be in the water with the child. Member price for both members and non-members.

Pike (Beginner I): Beginning swim class. Children learn to be comfortable in the water. Children will learn kicking, floating, arm movement and pool safety.

Prerequisite: Must be 3 years old by the first day of class, and leave parent willingly.

Eel (Beginner II): Children will learn to swim 25 yards with a float belt and swim 15 feet unassisted.

Prerequisite: Child must be able to swim 5 feet unassisted, and float.

Ray/Starfish (Advanced Beginner): Children will learn to swim 25 yards without a float belt.

Prerequisite: Child must be able to swim 15 feet unassisted, and float.

Youth Classes: Ages 6 – 12 years

Polliwog (1): Teaches beginning swimming on front, back and side. Children will also learn the front and back float.

Prerequisite: Child must be 6 years old or be in first grade.

Guppy (2): Teaches rhythmic breathing (taking a breath while swimming to the front), treading water, back crawl and jumping into deep water.

Prerequisite: Child must be able to paddle on front for 20 feet and float.

Minnow (3): Teaches front crawl with rotary breathing (breathing to the side), backstroke, sidestroke, and beginning breaststroke.

Prerequisite: Child must be able to swim 25 yards (1 length) on front and back and be comfortable in deep water.

Fish/Flying Fish (4): Teaches children to swim 50 yards (2 lengths) front crawl, back crawl, sidestroke and breaststroke. Children will be introduced butterfly and open turns. Builds endurance to swim 100 yards (4 lengths) of the following strokes; front crawl, breaststroke and back crawl with open turns.

Prerequisite: Child must be able to swim 25 yards (1 length) of the following strokes; front crawl (with rotary breathing), breaststroke, back crawl and be able to tread water.

Teen & Adult Classes: Ages 13 & Up

Adult/Teen Beginner: Ages 13 & Up, for non-swimmers.

Adult/Teen Intermediate: Ages 13 & Up, for those who want to learn additional strokes, and/or work on rotary breathing (taking a breath while swimming).

Private Swim Lessons are also available.

1 lesson Members \$25, Non-Members \$35 or 6 lessons \$120 Members, \$180 Non-Members.

Swim Testing

If you have read the class descriptions above and are still unsure what class level to register your child for please call the Aquatics Director, Katherine Page at (336) 882-9622 or email katherine.page@ymcagreensboro.org to schedule a swim test.