

## Aquatic Programs 6 - 12 Years old

Program Type	Program Name	Level	Ages	Skills Required to enter	Class Activities
YMCA Youth Program	<b>Polliwog</b>	Beginner	<b>6 - 12 years</b>	No skills required	Intro to the front, back, and side paddle front and back floats, putting face in the water, and personal water safety skills. Safety skills
YMCA Youth Program	<b>Guppy</b>	Adv. Beginner	<b>6 - 12 years</b>	Blow Bubbles, put face in the water float on front and back paddle on front, back, and side 15 ft.	Will learn to tread water rudimentary 25 yards.. Front crawl, back crawl, and swimming on their side Jump into the deep water Treading water, Kneeling dive, and Safety skills
YMCA Youth Program	<b>Minnow</b>	Intermediate 1	<b>6 - 12 years</b>	Rudimentary 25 yard. Front crawl with rotary breathing, back crawl, and side stroke. Jump into deep water tread water for 30 sec.	reinforce swimming fundamentals of front crawl with rhythmic breathing, back crawl, side stroke, and elementary backstroke Diving, Intro to breaststroke Safety skills
YMCA Youth Program	<b>Fish</b>	Intermediate II	<b>6 - 12 years</b>	Swim 2 lengths each of front crawl with rudimentary rhythmic breathing and back crawl in good form and can dive	learn to perform 50 yards. Of each: Breaststroke sidestroke, using open turns Safety skills
YMCA Youth Program	<b>Flying Fish</b>	Advanced I	<b>6 - 12 years</b>	Swim 2 lengths each of front crawl back crawl, and breaststroke in succession. survival float 7 min. Treading water 3 min.	learn Rhythmic breathing Inverted scissors kick on the side introduction of butterfly and flip turns Safety skills
YMCA Youth Program	<b>Shark</b>	Advanced II	<b>6 - 12 years</b>	Excellent front crawl with rhythmic breathing and back crawl Demonstrates coordination in breaststroke and butterfly Can swim under water 15 yards.	learn first aid techniques swim 2 lengths of each: Front and back crawl, breaststroke, and butterfly nonstop Lifesaving strokes Surface dives
YMCA Adult Program	<b>Adult</b>	Beginner	<b>13 - and over</b>	No skills required	learn to be comfortable in the water Move through the water on front and back Front and Back float
YMCA Adult Program	<b>Adult</b>	Advanced	<b>13 - and over</b>	Comfortable in deep water	Floating on Front and Back Work on Front crawl, back crawl, rhythmic breathing Stroke development and endurance Diving and/or jumping in the deep water

## Aquatic Programs 6 months - 5 years old

Program	Program Name	Level	Ages	Skills Required to enter	Class Activities
YMCA Parent/Child Program <b>Aqua Baby</b>	<b>Shrimp/Kipper Inia/ Perch</b>		<b>6 - 36 months</b>	No skills required Parent assisted program designed to increase comfort in the water. Provide a positive learning environment for aquatics	Will learn to enjoy the water through games, songs, play, and begin to be comfortable with the water and instructors
YMCA Youth Program <b>Skippers</b>	<b>Pike</b>	Beginner	<b>3 - 5 years</b>	No skills required Water readiness	Will learn to blow bubbles and put face in the water Proper kicking and paddling on front, back, and side Floating on Front and Back with floatation Safety skills
YMCA Youth Program <b>Skippers</b>	<b>Eel</b>	Advanced Beginner	<b>3 - 5 years</b>	Put face in the water float on front and back with assistance Swim 5 ft. on front, back, and side without floatation or assistance Back and front Float with	Will learn to bob Proper kicking on front, back, and side Float and swim without assistance or floatation Synchronized swimming skills and games Safety skills
YMCA Youth Program <b>Adv. Skippers</b>	<b>Ray</b>	Intermediate I	<b>3 - 5 years</b>	Swim without floatation or assistance 15 ft. on front, back, and side. Back float on front and back without floatation, and jump into the water	Will learn front crawl, elementary backstroke, treading water, synchronized swimming skills, games, and safety skills
YMCA Youth Program <b>Adv. Skippers</b>	<b>Starfish</b>	Intermediate II	<b>3 - 5 years</b>	tread water for 30 sec. swim 25 ft. each using a modified front crawl, back crawl, and sidestroke Float on front and back without assistance and flotation	Will learn the survival float, kneeling and sitting dives, coordinate front crawl with rotary breathing and back crawl 25 yards. Safety skills