



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS Ages 5-13

11/11

At the Y, we believe the ability to swim is a critical life skill for every child and teen. In swim lessons, we use a variety of fun methods to help kids overcome fears, build confidence in the water and develop skills that last a lifetime. Qualified instructors meet kids at their own level, help families set achievable goals and celebrate all successes. During all swim lessons, children will find opportunities to learn stroke development, personal safety, water sports, rescue and personal growth while incorporating the YMCA core values (Caring, Honesty, Respect & Responsibility).

1. 5-13 YEAR OLD SWIM LEVELS

***Independent swimming is encouraged.**

tadpole:

Little or no water experience necessary. Class will focus on ability to move through the water with confidence. Front and back floats and putting their face in the water are just a few of the skills learned at this level.

polliwog:

Class will focus on front and back floats, flutter kicking with a kickboard, swimming on front and back and rhythmic breathing.

guppy:

Class will focus on building confidence, independent front and back crawl, elementary backstroke and sidestroke with an introduction to deep water and breaststroke.

minnow:

Class will focus on perfecting front crawl, back crawl, sidestroke, elementary backstroke and breaststroke. Children will gain confidence while building their endurance.

fish:

Class will focus on becoming more proficient in stroke development. An introduction to open turns will teach continuous swimming. Children will also be introduced to the butterfly.

flying fish:

Pre-Requisite – Must be able to swim 50 yards front crawl, back crawl, and dolphin kick 25 yards. Class will focus on refining strokes so children swim with ease, efficiency, power and smoothness over greater distances.

shark:

Pre-Requisite – Must be able to swim 100 yards of front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and butterfly 25 yards. This is the final level of YMCA swim lessons. Class will focus on building endurance and flip turns. Upon completion of this level, children will be able to swim 200 yard individual medley. Congratulations!

2. How do we register for class?

You may register at any YMCA front desk, by telephone (436-9595) or on line (www.greenbayymca.org). Discover, Visa, and MasterCard are accepted.

3. Where does my child go when he/she comes to the YMCA for class?

Broadview: Use the boys or girls locker rooms in the east wing of the building.
Downtown: Use the boys'/men's or girls'/women's locker rooms on the ground floor.
West Side & East Side: Use the boys or girls locker rooms on the main floor.

Please encourage your child to use the restroom prior to class. As required by state law, all swimmers must shower before going into the pool. All locker rooms have an exit to the pool directly from the showers.

4. What happens on the first day of class?

For safety's sake, the children start with a group discussion on pool rules and personal safety, and then are divided into their specific levels. First time participants, will be given an assessment of their swimming skills and then will be placed accordingly.

5. Will I receive a written progress report?

On the last day of class, children receive a progress report of skills passed and skills still needing improvement. This report will note which level children will be in for the next session of classes.

6. Who do I talk with if I have questions or comments?

If you have any questions or comments, we encourage you to talk directly with your child's swim instructor, before or after class. Questions may also be directed to the Aquatics Director/Coordinator -- the Front Desk staff can help you contact him/her.

A **Parent Feedback/Observation Week** is held during the last class of each session. You will be invited onto the pool deck (no shoes please) where you may take pictures and observe. As noted above, please contact the instructor or director with any questions, before or after class. At the East Side center, during free time, parents are asked to observe by the sauna wall of the pool deck for safety reasons.

6. Where may I observe my child in class?

- Downtown: From the pool balcony you may observe all activities in the large pool. Unfortunately, the small training pool does not have observation space, but you can make a request for a specific observation time.
- Broadview: All classes can be observed from the balcony.
- West Side & East Side: From the viewing areas on the first or second floor.

7. Is it possible to make up a missed class?

In order to meet safety and quality standards with student/teacher ratios, make-up classes are not available. However, for extended medical absences, with doctor's verification, a credit will be given.

8. What other activities are available through the aquatics department of the Green Bay YMCA?

In addition to your child's progressive swim class, or for occasional variety, you may want to consider the following programs:

- Competitive Stroke class—ages 6-13
- Silver Sharks class—ages 6-14 (introduction to swim team)
- Open Swims—8 & older may swim alone

Please check a current program guide or pool schedule for more information.

The YMCA also has a Competitive Swim Team—ages 6+ (Silver Sharks class is highly recommended as a prerequisite). Or, for more information about the Swim Team, call Coach Dave Korst at 436-9624.

Have a wonderful time in class, and please let our staff know if we can be of assistance to you at any time!

Downtown Center
436-9672

Broadview Center
436-9589

West Side Center
436-9518

East Side Center
436-1246

YMCA Mission Statement
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Membership For All helps to ensure that everyone belongs at the YMCA, regardless of income level. For information, contact the YMCA at (920) 436-