



**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Swim Lesson Level Information

Youth (ages 6-14 year olds)

These classes are great for the beginning swimmer and the advanced swimmer. The youth classes have eight levels that work with the child at their own skill level. They also learn stroke skills and develop independent propulsion.

Beginner	"Polliwog"	For beginners with no water experience. This level teaches the fundamentals of swimming.
Beginner/Intermediate	"Guppy"	Students must be able to put face in water, breathe side to side, float on their front & back, kick and glide.
Intermediate/Advanced	"Minnow"	Swims easily on stomach in deep water using crawl stroke, can breathe on side & swim back crawl.
Advanced	"Fish"	Can complete 25 yards front and back crawl, breaststroke, 3 minute survival float, able to dive.

Classes may be grouped together depending on participation. The child will learn water safety, personal safety, stroke development, water sports, games, and rescues.

Frequently Asked Questions:

- **Can I pick my child's instructor?**
 - Only if you sign up for private or semi-private swim lessons. Instructors for group lessons are chosen by the Aquatics Director.
- **What certifications do the instructors have?**
 - All swim instructors have current YMCA Swim Lessons Instructor certifications. Some instructors also have additional YMCA certifications in parent/child, stroke/conditioning, and special needs. To find the correct instructor for your child, contact the Aquatics Director.
- **Do I need to be in the pool with my child?**
 - Only if you are enrolled in the Parent/Child class. For all other classes, the parent/guardian must remain in the YMCA facility. For preschool lessons, we ask parents/guardians to remain close to the pool deck in case a child needs to use the restroom during lessons.
- **How many sessions does it take to pass from one level to the next?**
 - YMCA Swim Lessons are designed to take 3 sessions to progress from one level to another. Some children will require more or less time in a level. We expect each child to learn and progress at his or her own rate. A child is advanced to the next level only when he or she can proficiently and safely perform the skills within his or her level.
- **Do you make up lessons if my child has to miss?**
 - For group lessons, we do not make up classes for an individual child. If the entire class is cancelled because of weather the class will be made up on a Friday. If something does keep your child out of group lessons for over 3 lessons, they can be made up in the next session of the same class. Please call the Aquatics Director to set those up.

MILLINGTON FAMILY YMCA

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