

BEGINNER CLASSES

Parent/Child: 6 – 36 Months

SHRIMP

The primary objective is to get both the parent and the child comfortable in the water. The child will become aware of the differences between moving on the water an on dry land while the parent will become aware of how to teach his/her child to be safer in and around the water.

Preschool: 3 – 5 Years

PIKE

No prior swim experience. Will learn basic paddle stroke and kicking skills, pool safety and comfort in holding their faces in the water while blowing bubbles.

Youth: 6 Years & Up

POLLWOG

No Prior swim experience. Gets children acquainted with the pool, the use of flotation devices, and front and back floating. Will Learn: paddle stroke, side and back paddle and some synchronized swimming movements.

Adult: 13 Years & Up

ADULT

This class is for adults who do not feel at ease in the water or who have never participated in swim lessons. Non-swimmers are taught basic swimming skills and water safety.

ADVANCED CLASSES

***Approval for advanced classes must be obtained by contacting Pam Taylor at 662-890-9622 or ptaylor@ymcamemphis.org**

Preschool: 3 – 5 Years

EEL

Beginner/Advanced Level. Must be able to: Go Underwater, Paddle on their front with float belt for 10 yards, kick/float on their backs with assistance for 10 yards. Will learn: flutter kick, float and progressive paddle stroke.

RAY/ STARFISH

Advanced Level. Must be able to: Paddle on front with face in the water UNASSISTED for 10 feet, paddle on back UNASSISTED for 10 feet, paddle on front using alternate arms action, jump into deep end and swim to wall, front and back float for 20 seconds. Will learn: improvement of stroke skills, build endurance, swimming on their front and back with rotary breathing, learn to tread water and perform more progressive diving skills.

Youth: 6 Years & Up

GUPPY

Beginner/Advanced Level. Must be able to: Go underwater, paddle on their front and back with float belt for 25 yards. Paddle on front and back UNASSISTED with no float belt for 10 yards, float on back for 30 seconds. Will learn: side stroke, breaststroke, and elementary backstroke, some diving skills taught.

MINNOW

Intermediate Level. Must be able to: Paddle on front and back UNASSISTED for 10 feet, paddle using alternating overhead arm action and rotary breathing, jump into deep end and swim to wall, front and back float for 20 seconds, tread water for 30 seconds. Will learn: further stroke development, diving, treading water for 1 minute.

FISH

Advanced Level. Must be able to: Freestyle with turns for 50 yards, backstroke and breaststroke for 50 yards, butterfly for 25 yards, tread water for 2 minutes. Work on: performance of the freestyle, elementary backstroke, back crawl and sidestroke with turns, and diving skills.

Frequently Asked Questions

What do I do if the class I want is full?

Your name and phone number can be placed on a waiting list. The Aquatics Director makes a concerted effort to open up more spots in classes, given adequate instructors and pool space. (Calls are typically made the Friday before the class starts regarding more space in class.)

When am I allowed to sign up for next session?

Non-Members may register 2 weeks prior to the class start date. Members may register anytime at the Welcome Center by the Thursday before the class start date.

Can I make up a lesson?

We do not conduct makeup classes on an individual basis. If a class is canceled by the Aquatics Director because of weather, pool issues, etc., then the class will be made up on the Friday of that week during regular class time. (unless otherwise informed by the instructor)

Can I get my money back if I cancel the class?

Refunds/credits/class transfers will NOT be given once the class has begun. Credits/refunds will be given at the discretion of the Aquatics Director.

What about rainy weather and cancelation?

You will be asked to sign up for **Remind**, which is a notification system designed to contact you in the event of inclement weather and cancelations.