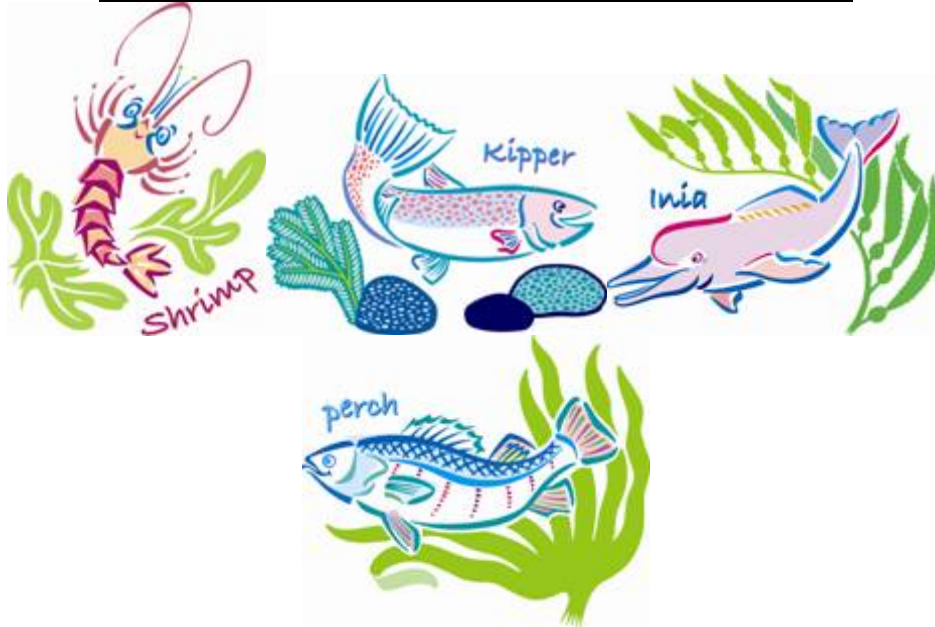


# Parent/Child Swim Lessons



**SKIP SWIM** is for parents and their children (up to 36 months old) who are NOT able to swim independently with flotation device.



**PERCH SWIM** is for parents and their children (up to 36 months old) who are able to swim independently with flotation device.

PERCH 2 is for parents and their children (up to 36 months old) who are able to swim independently with flotation device and are comfortable putting their face in the water.

**SKIP/PERCH GYM & SWIM** class is designed for parents and their child (ages 13 months to 36 months old). Class components include socialization opportunities, circle time, exploration of gymnastics equipment, and water activities. Structured according to the Y Skippers Program.

For more information regarding Parent/Child Programs, please contact Sue Dionne at [s.dionne@midymca.org](mailto:s.dionne@midymca.org).

## **3-5 Year Old Swim Lessons**



### **Pike SKILLS REQUIRED TO ENTER**

**THE LEVEL:** Your child must be between 3-5 years of age, without established swimming skills. **SKILLS REQUIRED TO COMPLETE THE LEVEL:** Your child should be able to paddle on their front, back and side for at least 10 yards with a flotation device and 5 feet without, and should be able to float on their front (with their face in the water) and on their back with or without assistance.



### **Eel 1 SKILLS REQUIRED TO ENTER THE**

**LEVEL:** Your child is comfortable swimming with a flotation belt and can swim for at least 10 yards with one on. Your child should also be comfortable putting their face in the water. **SKILLS REQUIRED TO COMPLETE THE LEVEL:** Your child is able to paddle on their front, back and side for a least 20 yards while

wearing a float belt and is comfortable performing a front and back float without a flotation device.

## Eel 2

**SKILLS REQUIRED TO ENTER THE LEVEL:** Your child should be able to paddle on their front, back and side for a least 20 yards while wearing a float belt and should be comfortable performing a front and back float without a flotation device.

**SKILLS REQUIRED TO COMPLETE THE LEVEL:** Your child should be able to paddle on their front, back and side for 15 feet without a flotation device and perform rhythmic breathing while floating on their front for 10 seconds (without a flotation device).



## Ray SKILLS REQUIRED TO ENTER THE

**LEVEL:** Your child should be able to: paddle on their front, back and side for 15 feet and perform rhythmic breathing while floating on their front for 10 seconds all without a flotation device. **SKILLS REQUIRED TO COMPLETE THE LEVEL:** Your child should be able to perform, for 25 yards with flotation and 20 feet without, a front alternating and symmetrical paddle with rhythmic breathing; a back alternating and symmetrical paddle; and a side alternating paddle.



## Starfish SKILLS REQUIRED TO ENTER

**THE LEVEL:** Your child should be able to perform, for 25 yards with flotation and 20 feet without, a front alternating and symmetrical paddle with rhythmic breathing; a back alternating and symmetrical paddle; and a side alternating paddle. **SKILLS**

**REQUIRED TO COMPLETE THE LEVEL:** Your child is 6 years old OR your child can demonstrate: 10 breathe & bobs, over arm strokes, a symmetrical paddle on their front and back, and a side stroke all for 40 feet and without flotation.

## **6-12 Year Old Swim Lessons**



### **Polliwog SKILLS REQUIRED TO**

**ENTER THE LEVEL:** Your child must be between 6 and 12 years old. **SKILLS REQUIRED TO COMPLETE THE LEVEL:** Your child should be able to paddle on their front, back and side for 25 yards each with a flotation device and for 20 feet without a flotation device. Your child should also be able to float on their back and on their front with their face in the water.



### **Guppy 1 SKILLS REQUIRED TO**

**ENTER THE LEVEL:** Your child should be able to paddle on their front, back and side for 25 yards each with a flotation device and for 20 feet without a flotation device. Your child should also be able to float on their back and on their front with their face in the water. **SKILLS REQUIRED TO COMPLETE THE LEVEL:** Your child should be able to paddle on their front, back and side for 25 yards each and should be comfortable performing a front and back float all without flotation.

### **Guppy 2**

**SKILLS REQUIRED TO ENTER THE LEVEL:** Your child should be able to paddle on their front, back and side for 25 yards each and should be comfortable performing a front and back float, all without flotation. **SKILLS REQUIRED TO COMPLETE THE LEVEL:** Your child should be able to perform a front alternating and symmetrical paddle with rhythmic breathing, a back alternating and symmetrical paddle and a side alternating paddle for 25 yards each. The participant should also be able to float on their front and back for 60 seconds each.



### **Minnows SKILLS REQUIRED TO**

**ENTER THE LEVEL:** Your child should be able to perform a front alternating and symmetrical paddle with rhythmic breathing, a back alternating and symmetrical paddle and a side alternating paddle for 25 yards each. The participant should also be able to float on their front and back for 60 seconds each. **SKILLS REQUIRED TO COMPLETE THE LEVEL:** The participant should be able to swim a front crawl stroke with rotary breathing, a back crawl, basic breaststroke, elementary backstroke, and rudimentary sidestroke for 25 yards each and be able to tread water for 1 minute.



### **Fish SKILLS REQUIRED TO ENTER**

**THE LEVEL:** The participant should be able to swim a front crawl stroke with rotary breathing, a back crawl, basic breaststroke, elementary backstroke, and rudimentary sidestroke for 25 yards

each. **SKILLS REQUIRED TO COMPLETE THE LEVEL:** The participant should be able to swim freestyle, breaststroke, sidestroke and backstroke for 50 yards each as well as butterfly with fins for 25 yards and be able to tread water for 2 minutes.



**Flying Fish SKILLS REQUIRED TO ENTER THE LEVEL:** The participant should be able to swim freestyle, breaststroke, sidestroke and backstroke for 50 yards each as well as butterfly with fins for 25 yards and be able to tread water for 2 minutes. **SKILLS REQUIRED TO COMPLETE THE LEVEL:** The participant should be able to swim freestyle with bilateral breathing, breaststroke, sidestroke and backstroke for 100 yards each as well as butterfly for 15 yards and be able to tread water for 4 minutes.



**Shark TO ENTER THE LEVEL:** The participant should be able to swim freestyle with bilateral breathing, breaststroke, sidestroke and backstroke for 100 yards each as well as butterfly for 15 yards and be able to tread water for 4 minutes. **TO COMPLETE THE LEVEL:** The participant should be able to swim freestyle with bilateral breathing, breaststroke and backstroke for 100 yards each as well as over arm sidestroke for 50 yards, butterfly for 25 yards, and tread water for 8 minutes