

## Swim Lesson Levels



### **Parent/Tot Swim lessons**

Water enrichment activities for one or two adults and child promote fun, water adjustment, exercise, boating and water safety. Songs, games and activities are used to promote confidence and independence and teach pre-swimming skills. The adult is required to be in the water.

### **Preschool Swim Lessons (AGES 3 - 5)**

**Pike:** NO swimming skills; toilet trained; comfortable without parents; water adjustment and submersion; front & back float with flotation device.

**Eel:** Front & back float with IFD; jump in shallow water; front paddle stroke with flotation device 25 yards and 15 feet without; side paddle stroke; side paddle stroke with IFD 25 yards and 15 feet without.

**Ray:** Front & back float without flotation device; jump into deep water; front alternating paddle stroke with rhythmic breathing 15 yards with IFD and 20 feet without; front symmetrical paddle stroke with IFD and 20 yards without.

**Starfish:** Front & back float without IFD; tread water; jump into deep water; front alternating paddle stroke with rhythmic breathing 25 yards with IFD and 40 feet without; front symmetrical paddle with flotation device and 40 feet without.

### **Youth Swim Lessons (Ages 6 - 14)**

**Polliwog:** Water adjustment & submersion; front & back float with IFD; front paddle with IFD 10 yards and 5 without.

**Guppy:** Front & back float with IFD; tread water; jump into deep water, front alternating paddle stroke with rhythmic breathing 2 yards.

**Minnow:** Resting float; tread water; front alternating paddle stroke with over arm recovery & rotary breathing 25 yards.

### **Stroke Development**

Students will work on perfecting their swim strokes. Front crawl 50-100 yards, elementary backstroke 50-100 yards, back crawl 50-100 yards, sidestroke 50-100 yards, breaststroke 50-100yards, front crawl with flip turns, and breaststroke with open turns.

## **Maquoketa Area Family YMCA Swim Lessons**

### **Saturday Swim Lessons**

April 14-May 12

6 Weeks/6 Classes

Parent/Tot

8:30am-9:00am

Adult Swim Lessons

8:15am-9:00am

Preschool - 9:00am-9:30am

Youth - 9:45am-10:30am

Register March 19-April 12

Fees: \$17.50 per "Y" Member

\$35.00 per Non "Y" Member

No classes April 7, Easter Holiday



### **Tues/Thurs Swim Lessons**

April 3-May 10

6 Weeks/12 classes

Parent/Tot

5:00pm-5:30pm

Preschool/Youth

5:30pm-6:15pm

Register March 19-April 2

Fees: \$42 per "Y" Member

\$62 per Non "Y" Member

**Financial Assistance Available:**

No one is turned away  
due to an inability to pay a fee!

Please call for assistance.

Scott Warren, Executive Director  
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