

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

Please go through the questions in order.
Do not skip ahead to the next section.

Ages
3-5*

Pike

Is your child comfortable in the water?
Will your child put his/her face in the water?
Will your child swim unassisted with a flotation device?

No to **any** questions? Enroll in Pike
Yes to **all** questions? Move to Eel

Eel

Can your child jump into the pool without assistance?
Can your child front float without assistance?
Can your child back float without assistance?
Will your child put his/her head under water without any help?

No to **any** questions? Enroll in Eel
Yes to **all** questions? Move to Ray

Ray

Can your child do a back float by themselves for 30-45 seconds?
Can your child do a kneeling dive correctly?
Can your child swim front crawl without assistance for 15 feet?

No to **any** questions? Enroll in Ray
Yes to **all** questions? Move to Starfish

Starfish

Can your child swim front crawl with breathing to the side?
Can your child do back crawl for 45 feet?
Can your child tread water for 45 seconds?
Is your child comfortable in the deep end?

No to **any** questions? Enroll in Starfish

* Under age 3 enroll in Waterbabies
Age 6 and older move to school age
All swimmers will be evaluated on the first day of each session, at which time instructors may move individuals to a more appropriate level.

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

Please go through the questions in order.
Do not skip ahead to the next section.

Ages
6 & Up

Polliwog

Can your child front float on his/her own?
Can your child back float on his/her own?
Can your child swim unassisted 15-20 yards?

No to **any** questions? Enroll in Polliwog
Yes to **all** questions? Move to Guppy

Guppy

Can your child swim front crawl with rotary breathing 25 yards
(one length of the pool)?
Can your child swim back crawl 25 yards?
Is your child comfortable in deep water?
Can your child swim a rudimentary breaststroke?

No to **any** questions? Enroll in Guppy
Yes to **all** questions? Move to Minnow

Minnow

Can your child swim breaststroke 25 yards?
Can your child swim sidestroke 25 yards?
Can your child tread water for at least 1 minute?

No to **any** questions? Enroll in Minnow
Yes to **all** questions? Move to Fish

Fish

Can your child swim the following strokes 50 yards: Front Crawl,
Breaststroke, Elementary Backstroke, Backstroke, Sidestroke
Can your child swim butterfly?
Can your child tread water at least 2 minutes?

No to **any** questions? Enroll in Fish
Yes to **all** questions? Move to Flying Fish

Flying Fish

Can your child swim the following strokes 100 yards (4 length of the pool):
Front Crawl, Breaststroke, Elementary Backstroke, Backstroke, Sidestroke
Can your child swim butterfly 25 yards?
Can your child tread water at least 6 minutes?

No to **any** questions? Enroll in Guppy
Yes to **all** questions? Move to Minnow

Shark

Can your child swim each stroke 100 yards?
Can your child swim 200 yards continuously?