



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIMMING LESSONS: CLASS DESCRIPTIONS

PIKE

This beginning class takes place in the Activity Pool and helps young children to adjust to the water and to learn safe pool behavior. They are introduced to breath-control, blowing bubbles, floating and proper arm and leg movements for front and back crawl. They also review the pool rules and learn how to use a lifejacket.

EEL

This class takes place in the Splash Down area of the Activity Pool and builds on the skills that are taught in Pike. It is designed for preschool aged children who have passed all of the Pike skills, or who are comfortable in the water but can not swim on their own yet. They learn how to float unsupported on their front and back, and eventually swim on their own for a very short distance. Elementary backstroke is introduced, and safety skills and the use of lifejackets are reinforced.

RAY

This class takes place in the shallow area of the Lap Pool, near the steps. It is designed for preschool aged children who have passed all of the Eel skills, or for slightly older kids who are in the very beginning stages of learning how to swim unassisted. Students work on proper kicking and arm movement techniques and swim short distances unassisted. They are introduced to survival float, treading water and reaching assists.

POLLIWOG

This class takes place in the middle of the Lap Pool, in slightly deeper water. It is designed for children who have passed all of the Ray skills, or who are comfortable swimming short distances unassisted. Students work on coordinating proper arm and leg motions for front and back crawl and are introduced to proper side-breathing technique. Additional time is spent on floating, treading water and reaching assists.

GUPPY

This class takes place in the deepest part of the Lap Pool, next to the bulkhead. It is designed for children who have passed all of the Polliwog skills, or who are very comfortable swimming unassisted and are ready to learn additional strokes besides the basic front and back crawl. Time is spent on front and back floating, as well as refining the front and back crawl skills. Students are introduced to sidestroke, breaststroke and elementary backstroke. After successful completion of this level, children should be comfortable in water of any depth and should be able to swim one length of the pool unassisted.

MINNOW/FISH

This class takes place in the Dive Well area of the Lap Pool (12 feet deep). It is designed for children who have passed all of the Guppy skills, or who are more advanced swimmers who can swim at least one length of the pool unassisted. Time is spent on all of the basic strokes (front crawl, back crawl, sidestroke, breaststroke, elementary backstroke), and butterfly is introduced. Proper breathing techniques and treading water are also practiced. The students in this class are expected to swim for the majority of the 30-minute class time so endurance is critical.