

PARENT & CHILD

SHRIMP/KIPPER (6-12 months)

A wonderful introduction to a swim class for infants and parents. This class is designed to adapt children to the water through songs and games. Parents are introduced to the basics of our Swim Lesson program and water safety.



INIA/PERCH (13-36 months)

While swimming with parents, toddlers are encouraged to explore the water and learn basic swimming skills and water safety through water play, songs and use of flotation aids.

PARENT & PRE-SCHOOLER (3-4 years)

A great first swim class for young swimmers. While swimming with their parent, children learn basic swimming skills and water safety while building independence and confidence in the water.

PRE-SCHOOL (3-5 YRS.)

PIKE

A swim class with an instructor for beginner swimmers. This class introduces basic swim skills, pool safety, and uses of flotation aids to develop independence in the water.



EEL

Young swimmers who have learned to kick, paddle and float without support are challenged to swim the length of the pool and demonstrate stroke readiness while emphasizing water safety.

RAY

An intermediate swim class that encourages young swimmers to perform front crawl and backstroke while also learning diving and safety skills.

STARFISH

A more advanced swim class for swimmers who are ready to improve front crawl and backstroke techniques while learning new strokes and survival skills.



The YMCA Swim Lesson Program is not designed for your child to pass a new level each session. As your child progresses, advanced strokes and skills are taught, therefore taking more time to master.

SWIM LESSONS

- All students must be evaluated for proper level placement. To schedule an evaluation in **Westbrook** please contact the Aquatic Dept. at (860) 399-9622 ext. 14.
- Previous program members—a prerequisite for each level requires successful completion of the previous level as determined by the aquatic staff.

YOUTH (6 & UP)

POLLIWOG

A swim class for swimmers who are six years or older and have little swimming experience. Children become comfortable in the water while learning basic swim skills, water safety and use of flotation aids and PFD's.



GUPPY

Swimmers who are ready to learn whole strokes are introduced to front crawl with rotary breathing, backstroke, diving and water safety skills.

MINNOW

Swimmers are encouraged to perform correct stroke techniques for the front crawl and backstroke while building endurance and learning important safety skills.

FISH

This class is designed for swimmers perfecting their front crawl and backstroke. They are also introduced to dolphin kick and breaststroke kick.

FLYING FISH

Advanced swimmers learn the four competitive strokes while improving endurance.

SHARK

For advanced swimmers, this class focuses on competitive strokes and perfecting technique, while learning starts, turns and relays as well as lifesaving skills.

PORPOISE CLUB

This club is for students who have completed the swimming skills at the Shark level. It will enhance good swimming skills while promoting leadership and responsibility. The participant will also be introduced to other aspects of the aquatic field such as aquatic safety and lifesaving.

