



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL I – SWIM LESSON SCHEDULE
September 11, 2017

MON	TUE	WED	THUR	FRI	SAT
MORNING CLASSES					
					8:30-9:00 SKIPS
					8:30-9:15 Pike Pike Plus Polliwog Polliwog Plus
EVENING CLASSES					
5:35-6:20 Pike Pike Plus Eel Ray Starfish	5:35-6:20 Pike Pike Plus Fish Flying Fish Shark Porpoise	5:30 – 6:00 Perch			9:25-10:10 Guppy Minnow Fish Flying Fish Shark Porpoise
6:30-7:15 Pike Pike Plus Guppy Minnow	6:30-7:15 Eel Ray Starfish Polliwog Polliwog Plus	5:35-6:20 Pike Pike Plus Polliwog Polliwog Plus			9:30 – 10:00 Perch
		6:00 - 6:30 SKIPS			10:20-11:05 Pike Pike Plus Eel Ray Starfish
		6:30-7:15 Eel Ray Starfish Guppy Minnow			

FOUR RIVERS FAMILY YMCA
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CLASS DESCRIPTIONS:



Parent and Child (Ages 6 – 36 months, 30-min.)

SKIPS: Parents and children safely explore the water through fun songs and games, while learning basic water skills and how to be safe in and around the water.

Perch (19 months – 36 months): Children work with parents and instructors as they learn move more independently through the water.

Ages 3-5 (45-min.)

Pike: Beginner level for those uncomfortable with the water. Children adjust to water and develop independent movement. Teaches basic stroke and kicking skills, floating and pool safety.

Pike Plus: For children who are comfortable in the water and able to move independently in the water with a flotation device on front, back and side.

Eel: For children able to swim 5-feet with face in the water and no flotation. Teaches progressive arm movement.

Ray: For children who can swim 15-feet with face in the water and no flotation. Teaches progressive arm movement.

Starfish: For children who can swim 20-feet on front, back and side. Refines backstroke and front crawl with and introduction to breast stroke.

Ages 6 and up (45-min.)

Polliwog: Beginner level for those uncomfortable with the water. Teaches basic water skills including gliding with face in the water, floating and kicking.

Polliwog Plus: For children who can swim 10-15 feet without flotation on front, back and side.

Guppy: For children who are able to swim 20-feet with faces in the water and no flotation device. Children continue to improve on front, back and side.

Minnow: Teaches front crawl with rotary breathing, backstroke, and sidestroke.

Fish: Refines Breast stroke and teaches butterfly, teaches water rescue and improves endurance.

Flying Fish: Improves breast stroke and butterfly, teaches water rescues and improves endurance

Shark: Teaches the Individual Medley and Introduces competitive swimming skills such as starts and turns. Improves endurance.

Porpoise: Teaches water polo, I.M. and trudgen crawl while improving endurance.