

OUR SWIM LESSONS HAVE CHANGED!

In the best interest of our Y kids and parents, we have simplified our swim lessons. We now have a Water Exploration Class and Levels 1-5. We no longer register by age. Please see our registration information for level placements. You can also call Jill (920.887.8811 ext 122) or Drew (920.887.8811 ext 111), in the Aquatics Department, for help with placing your child.

WHICH LEVEL IS YOUR CHILD READY FOR?

SWIM LESSON LEVEL DESCRIPTIONS

Water Exploration



FORMER CLASS NAME:
KIPPER

Water Movement



FORMER CLASS NAME:
PERCH, PIKE, OR EEL

Stroke Introduction





FORMER CLASS NAME:
RAY, STARFISH, OR
POLLIWOG

WATER EXPLORATION

This class is for an adult/guardian and child. Come explore our Y waters while singing and playing to some of your favorite songs. While having fun your child will be learning to scoop, kick, float and blow bubbles. Your child will become comfortable in the water in this class and when they become confident enough on their own they will be ready for level 1.

*Flotation bubbles are provided.








SKILLS DEVELOPED

- Scoop, kick and float 
- Blow bubbles 
- Independently play in water w/o parent
- Ability to follow direction from the teacher

LEVEL 1

This level is designed for children who are just starting out. Anyone who needs our flotation bubbles needs to register for Level 1. Your child will learn to be comfortable in the water. After completion of this class, your child will be jumping from the side, doing bobs and swimming on their front and back without flotation devices. Once your child no longer needs the flotation device they will be ready for level 2.






SKILLS DEVELOPED

- Jump from side w/o help w/ confidence 
- Bobs comfortably w/ nose bubbles 
- Back float 10 seconds w/o belt 
- Swim 10 yards w/belt on, front & back 
- Swim 5 yards w/o belt on, front & back
- Intro to elementary back stroke arms & legs 
- Intro to sitting dives 
- Swims comfortably w/ ear in the water
- Front float w/ face in the water 

LEVEL 2

In this level your child will be swimming in our competitive pool without the use of any flotation devices. They will be learning to tread water, jump in and swim in deep water. Introduction to front and back crawl as well as diving. When completed they will be swimming one half length of our pool in good form without help.

SKILLS DEVELOPED

- 10 bobs comfortably w/ nose bubbles 
- Jump in from deep side
- Intro to swim underwater 
- Intro to tread water - 30 seconds 
- Intro to front crawl/breathing w/ kick board 
- Intro to backstroke with straight leg kicks 
- Intro to dives - kneeling & standing
- Elementary back stroke 1/2 length
- Swim on front & back 1/2 length (good form)

Water Stamina



FORMER CLASS NAME:
ADVANCED POLLIWOG

Stroke Development



FORMER CLASS NAME:
GUPPY OR MINNOW

Stroke Mechanics










FORMER CLASS NAME:
FISH OR FLYING FISH

LEVEL 3

In this level your child will be jumping from the block, diving and treading water for 1-2 minutes. Side and breast stroke will be introduced. Your child will be required to swim the front and back crawl 1 length in good form.












SKILLS DEVELOPED

- Jump from block 
- Dive from pool edge
- Tread water 1-2 minutes
- Front survival float 1-2 minutes
- Intro to side stroke
- Backstroke 1 length good form w/ straight leg kicks 
- Front crawl 1 length w/ side breathing 
- Swim underwater 
- Elementary backstroke 2 lengths 
- Intro to breaststroke arms & legs 
- Endurance swim 3 lengths 

LEVEL 4

In level 4 your child will be swimming all strokes in good form. They will be diving from the block, treading water 2 minutes and swimming an endurance swim for 6 lengths. All strokes will be swam a minimum of 2-3 lengths. We will introduce the butterfly kick and expect a survival float on front and back for a minimum of 2 minutes. They will also be introduced to front and back open turns.











SKILLS DEVELOPED

- Survival float on back & front 2 minutes 
- Endurance swim 6 lengths 
- Swim underwater 1/4 to 1/2 length 
- Dives from block (good form) 
- Tread water 3 minutes 
- Breaststroke 2 lengths 
- Intro to open turns front & back
- Sidestroke 2 lengths 
- Elementary backstroke 3 lengths (good form) 
- Backstroke 3 lengths (good form) 
- Front crawl 3 lengths (good form) 
- Butterfly kick 

LEVEL 5

In level 5 your child will be swimming all strokes in excellent form. They will be swimming these strokes for 4 laps with flip turns in good form. Your child will be swimming under water for 3/4 of our pool length and treading water for 5 minutes. They will learn feet first surface dives as well as diving from the blocks in exceptional form.

SKILLS DEVELOPED

- Front crawl 4 laps w/ flip turns (exceptional form) 
- Back crawl 4 laps w/ flip turns (exceptional form) 
- Side stroke 
- Breast stroke 2 lengths (good form) 
- Butterfly arms 
- Open/flip turns (front & back good form)
- Tread water 5 minutes (arms only 2 minutes) 
- Under water swim (3/4 length) 
- Dive from block (exceptional form) 
- Feet first surface dive 
- Endurance swim 7 laps (350 yds) front & back crawl 
- 100 yds medly (25 yds each no rest) fly, back, breast, free

HAVE MORE QUESTIONS? Our aquatics staff is available to answer any questions about the swim lessons program.