

### **Parent/Child Level (6 months-3 years old)**

Parent/Child – Parents accompany children in this stage, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about water.

### **Preschool Levels (3-5 years old)**

Pike/Eel – Students develop comfort with underwater exploration, body position and control, directional change, and forward movement in the water while also practicing safety in and around water. This stage allows for a student's future progress in swimming.

Ray/Starfish – Students learn how to swim to safety from a longer distance than in the previous stage. It also reviews basic stroke skills on front, back and side, builds endurance, and teaches treading water.

### **Youth Lessons (6-12 years old)**

Polliwog – Students focus on body position and control, directional change, forward movement in the water while also continuing to learn basic stroke skills. Students also learn gliding, floating, and kicking as well as beginner rotary breathing. Students are introduced to swimming with no instructor support throughout this lesson.

Guppy – Students are introduced to rhythmic breathing and integrated arm and leg actions. Students are also continuing to learn stroke skills and will start building swimming endurance with no instructor support.

Minnow – Students continue to develop stroke technique in front crawl and back crawl and learn breaststroke basics. Water safety is reinforced through treading water and elementary backstroke.

### **Swim Team (5-18 years old)**

The Columbus YMCA Swim Club (CYSC) is our competitive swim team with practices and monthly meets. Swimmers who participate must be able to swim 25 yards (one length) of the pool using both the freestyle and backstroke. ***Swimmers must know and understand the basic concepts of swimming – this is NOT swimming lessons.*** Emphasis will be placed upon stroke instruction, endurance, sportsmanship and having fun.