

## SCHOLARSHIPS

AVAILABLE FOR YMCA PROGRAMS & MEMBERSHIPS!

ONLINE REGISTRATION FOR SWIM CLASSES!


WWW.YMCA-AUSTIN.ORG

We build strong kids, strong families, strong communities.



## SWIM CLASS DESCRIPTIONS

### Aquatykes - Ages 6 mo. - 3 years


 This is a parent/child class which helps acquaint very young children with the joys of water. Throughout the progression of Aquatyke classes, the instructor slowly begins working more individually with parents on skills to help ready their child for pre-school classes without them.


Cost: Same as Preschool Lessons

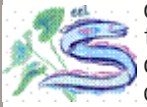
It is important to us to place your child in the appropriate level. If your child has never participated in or has been out of the Y Swim Lessons for 6 months, please call the Aquatic Director to schedule an evaluation prior to registration. The evaluation of swimmers takes approximately five minutes.


### YMCA PRESCHOOL LESSONS 3 - 5 YEARS 6:1

Cost: Y Member - \$28, Program Participant - \$56

Pike - This level helps children develop safe pool behavior, adjust to the water, and develop independent movement through stroke and kicking skills, pool safety, and comfort while putting their faces in the water while doing other skills.  



Ray - At this level children review and improve previous skills, build endurance, learn to tread water and perform more progressive diving skills. Children can swim across the pool on their front and back without assistance by the end of this level.  



Eel - This advanced beginner level is for children who are comfortable in the water. They are taught to flutter kick, dive, float and front crawl. Children can swim across the pool without any assistance by the end of the session.  



Starfish - Children at this level review previously learned skills, refine their strokes and floating skills along with learning to swim under-water.  



### YMCA PROGRESSIVE LESSONS 6 YRS. & UP 10:1


Cost: Y Member - \$38, Program Participant - \$76


Poliwog - This is the beginning level for school age children which acquaints them with the pool, flotation devices, & floating. By the end of this level, they should know the different paddle strokes, some synchronized swimming & wetball (the lead up game to water polo). Compares to Red Cross level 1 & 2.  



Flying Fish - At this advanced level, students work on refining their strokes, increasing their endurance perform combinations of synchronized swimming, dive off a starting block, develop better wetball playing skills & are introduced to the use of snorkels. Compares to Red Cross level 6.  


Guppy - Children continue to practice & build upon basic skills without the aid of flotation devices. They are introduced to lead-up strokes to all strokes. More synchronized swimming and wetball skills are taught, as well as some diving skills. Compares to Red Cross level 3  


Shark - The students at this level continue to improve their strokes, with starts & turns, learn the inverted breaststroke, & the over-arm sidestroke. Students continue to learn synchronized swimming, wetball & skin diving skills. Compares to Red Cross level 6.  


Minnow - This is the initial intermediate level, the children further refine the lead-up strokes they have learned as their skills become more like those normally used in swimming. They learn still more synchronized swimming, wetball, & diving skills. Compares to Red Cross level 4.  


Porpoise - At this final level, students are exposed to a wide range of aquatic experiences. In class these advanced swimmers learn new strokes & rescue skills, as well as develop leadership skills through volunteer experiences. Must have passed Red Cross level 6 to register.  


Fish - At this point, students work to perform the front crawl, elementary backstroke, back crawl, breaststroke, & sidestroke. Introduction to mask & fins are taught. Compares to Red Cross level 5.  


Adult Lessons - Arranged as private lessons. Skills taught based on the ability level of the adult. See Private Lessons for costs.