

# Central Florida YMCA Progressive Aquatics

PROGRAM NAME	Age	PROGRAM DESCRIPTIONS
<b>PARENT/CHILD SWIM LESSONS</b> (8 classes, 30 minutes per class)	<b>6-36 Months Old</b>	This course is designed to develop a sense of comfort and familiarity with the water. This course is taught through group instruction utilizing songs, games, and other fun activities. Children work on basic movements in the water while supported by the parent or a floatation device. This course introduces new skills when the parent and child are ready to learn.
<b>SAFESTART</b>	<b>1-4 Years Old</b>	This course is a one-of-a-kind drowning prevention program where children learn the survival skills of independent swimming and floating both in swimwear and in everyday clothes. Children are taught through one-on-one instruction. This a 6-week course; children attend classes 5 days a week for 10 minutes each day. New sessions start every Monday, however, the schedule reflects most popular times. <i>Call the Safestart office at 407.644.3606 to register.</i>
<b>PRE-SCHOOL SWIM LESSONS</b> (8 classes, 30 minutes per class)	<b>3-5 Years Old</b>	<p><b>PIKE:</b> This course is an introduction to basic swimming skills. Children enter this level with little or no water experience. The instructor helps the child to develop a sense of comfort and familiarity with the water and introduces skills when the child is ready.</p> <p><b>EEL:</b> This course is a continuation for developing basic swimming skills. Children enter this level with a sense of comfort in the water. The instructor helps the child to develop a sense of independent movement in the water.</p> <p><b>RAY:</b> This course is an introduction to stroke development skills. Children enter this level with the ability to swim 15 feet independently on their front and back. The instructor introduces the child to the core swimming strokes of front crawl, back crawl, breaststroke, and sidestroke.</p> <p><b>STARFISH:</b> This course is a continuation for developing stroke development skills. Children enter this level with a previous instruction to front crawl, back crawl, breaststroke, and sidestroke. The instructor refines basic strokes and encourages the child to swim a distance of 40 ft. independently.</p>
<b>YOUTH SWIM LESSONS</b> (8 classes, 45 minutes per class)	<b>6-11 Years Old</b>	<p><b>POLLIWOG:</b> This course is an introduction to basic swimming lessons. Children enter this level with little or no water experience. The instructor helps the child to develop a sense of comfort in the water and the ability to swim 15 yards using basic movements without assistance.</p> <p><b>GUPPY:</b> This course is a continuation for developing basic swimming skills. Children enter this level with the ability to swim 15 yards without assistance. The instructor helps the child in being confident to use basic swimming skills for a distance of 25 yards without assistance and introduces sidestroke, breaststroke, elementary backstroke, and sidestroke without assistance.</p> <p><b>MINNOW:</b> This course is an introduction to intermediate swimming skills. Children enter this level with the ability to swim 25 yards independently on their front and back. The instructor encourages the child to perform front crawl, back crawl, breaststroke, elementary backstroke, and sidestroke without assistance.</p> <p><b>FISH:</b> This course is a continuation of intermediate swimming skills. Children enter this level with the ability to perform front crawl, back crawl, breaststroke, elementary backstroke and sidestroke without assistance. The instructor helps the child refine these skills and build endurance to swim these strokes 50 yards.</p> <p><b>FLYING FISH:</b> This course is an introduction to advanced swimming skills. Children enter this level with the ability to swim front crawl, back crawl, breaststroke, sidestroke and elementary backstroke for a distance of 25 yards. The instructor refines previously learned strokes, encourages students to swim a distance of 100 yards, and introduces the butterfly.</p>