

Past YMCA Level	New YMCA Level
Aquatot - 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 the water.	Aquatots: Water Discovery/Water Exploration Skills Learned: Blow Bubbles, Front Tow, Front Float, Back Float, Back Tow, Roll, Wall Grab, Monkey Crawl
Pike - Pike helps children adjust to the water and develop independent movement. It teaches basic front crawl, back crawl and kicking skills, floating and pool safety. Class is intended for children with little to no water experience.	Pre-School: Water Acclimation Skills Learned: Submerge, Front Glide, Front Float, Back Float, Back glide, Water Exit, Roll
Eel - For children who are comfortable in the water and swim with floatation device in horizontal position but cannot yet swim the length of the pool. Child must be able to put their face in. Children are taught to float, kick, and perform progressive arm movements across the pool.	Pre-School: Water Acclimation Skills Learned: Submerge, Front Glide, Front Float, Back Float, Back glide, Water Exit, Roll
Ray & Starfish - This class is for children who can swim 15 feet with face in the water and no floatation device. It reviews and improves stroke skills on front, back and side, builds endurance and teaches treading water and rotary breathing.	Level 1: Water Movement Skills Learned: Submerge, Front Glide, Front Float, Back Float, Back glide, Water Exit, Roll, Tread Water
Polliwog - This beginner level class is for children who are uncomfortable or inexperienced in swimming. It teaches basic skills including stroke work, gliding, floating & kicking as well as beginner rotary breathing.	Pre-School: Water Acclimation Skills Learned: Submerge, Front Glide, Front Float, Back Float, Back glide, Water Exit, Roll
Guppy - This is for children who are comfortable with face in water and are able to swim 15-20 feet without a floatation device. It teaches stroke skills on front, back and side as well as rotary breathing and beginner's breaststroke.	Level 1: Water Movement Skills Learned: Submerge, Front Glide, Front Float, Back Float, Back glide, Water Exit, Roll, Tread Water
Minnow - Minnow is for children able to swim 25 yards on front and back without a floatation device. It teaches stroke skills on front back and side, and rotary breathing. Children will be introduced to other components of swimming and butterfly kick.	Level 2: Water Stamina Skills Learned: Submerge, Swim on Front, Swim on Back, Water Exit, Roll, Tread Water
Fish - Fish is for children able to swim 50 yards of freestyle with rotary breathing, sidestroke, backstroke & breaststroke. It refines breaststroke, teaches butterfly, and improves other swim skills.	Level 3: Stroke Introduction Level 4: Stroke Development Skills Learned: Front Crawl, Breaststroke, Butterfly, Back Crawl, Dive, Resting Stroke, Elementary Back Stroke, Tread Water
Flying Fish/Shark - This class is for children able to swim 100 yards of freestyle, backstroke, breaststroke and sidestroke as well as 15 yards butterfly. This class improves all strokes and swimming skills as well as builds strength and endurance.	Level 4: Stroke Development Level 5: Stroke Mechanics Skills Learned: Front Crawl, Breaststroke, Butterfly, Back Crawl, Dive, Resting Stroke, Elementary Back Stroke, Tread Water