

Youth – Aquatics

Polliwog – Youth Level 1

(Taylor Pool)

(American Red Cross Levels 1 & 2)

PREREQUISITES: Must be at least 6 yrs. old; no swim skills necessary.

SKILLS/ACTIVITIES: Students will become familiar with the water, flotation devices, and pool rules. Students will learn the front paddle, side and back paddle. To move to the next level they will need to swim a length of the pool without assistance with their face in the water.

Guppy 1 – Youth Level 2

(Taylor Pool)

(American Red Cross Levels 2 & 3)

PREREQUISITES: RAY OR POLLIWOG skills.

SKILLS/ACTIVITIES: Students are introduced to essential strokes: front and back crawl, sidestroke, breaststroke, and elementary backstroke. The goal of this level is to gain fundamental skills before moving on to the lap pool to achieve endurance. Before moving on students must swim the length of the pool without assistance.

Guppy 2 – Youth Level 3

(Lap Pool)

(American Red Cross Levels 2 & 3)

PREREQUISITES: GUPPY 1 skills.

SKILLS/ACTIVITIES: Students are beginning to master essential strokes: front and back crawl, sidestroke, breaststroke, and elementary backstroke. The students will gain endurance by working on proper stroke techniques and gaining distance. Before moving on students must swim the length of the pool without assistance.

Minnow – Youth Level 4

(American Red Cross Level 4)

PREREQUISITES: GUPPY 2 skills.

SKILLS/ACTIVITIES: Students further refine the essential strokes: front and back crawl, sidestroke, breaststroke, and elementary backstroke. To move to the next level they need to be comfortable swimming all strokes 25 yards.

Fish – Youth Level 5

(American Red Cross Level 5)

PREREQUISITES: MINNOW skills.

SKILLS/ACTIVITIES: Students work to perform the crawl stroke, elementary backstroke, back crawl stroke, and sidestroke with turns. They are introduced to butterfly stroke. To advance, students must be able to swim all strokes 50 yards without stopping.

Flying Fish – Youth Level 6

(American Red Cross Level 5/6)

PREREQUISITES: FISH skills.

SKILLS/ACTIVITIES: Perform the front crawl, backstroke, elementary backstroke, sidestroke, & breaststroke; to advance, student must tread water for three minutes with combination kicks plus swim all strokes 100 yards.

Shark – Youth Level 7

(American Red Cross Level 6)

PREREQUISITES: FLYING FISH skills.

SKILLS/ACTIVITIES: Swimmers focus on perfecting strokes and increasing endurance with open and flip turns. Students also learn advanced skills in safety and rescues. Perform front crawl, breaststroke, elementary backstroke, & sidestroke with open turns; perform the butterfly.

Mini Marlins

PREREQUISITES: MINNOW skills.

SKILLS/ACTIVITIES: This competitive swim class introduces children to swimming as a team sport. Coaches will work with the swimmers on stroke drills, refinement, endurance, and technique. Emphasis is put on starts, turns, relays, and the four competitive swim strokes. Swimmers will learn the basics of distance swimming, sprints, and individual medleys.

WEEKDAY LESSONS – 5-WEEK SESSION

WINTER I	JANUARY 12 – FEBRUARY 12	
Mon./Wed.	5:00–5:40 p.m.	Guppy 1 / Guppy 2 / Flying Fish / Shark
Mon./Wed.	5:50–6:30 p.m.	Polliwog / Minnow / Fish
Tues./Thurs.	6:30–7:10 p.m.	Polliwog / Minnow
Tues./Thurs.	7:20–8:00 p.m.	Guppy 1 / Guppy 2

Registration Deadline: January 8

WINTER II	FEBRUARY 23 – MARCH 26	
Mon./Wed.	5:00–5:40 p.m.	Polliwog / Minnow / Fish
Mon./Wed.	5:50–6:30 p.m.	Guppy 1 / Guppy 2 / Flying Fish / Shark
Tues./Thurs.	6:30–7:10 p.m.	Polliwog / Fish / Flying Fish / Shark
Tues./Thurs.	7:20–8:00 p.m.	Polliwog / Guppy 1 / Guppy 2 / Minnow

Registration Deadline: February 19

SPRING	APRIL 6 – MAY 7	
Mon./Wed.	5:00–5:40 p.m.	Polliwog / Minnow / Fish
Mon./Wed.	5:50–6:30 p.m.	Polliwog / Guppy 1 / Guppy 2 / Flying Fish / Shark
Tues./Thurs.	3:30–4:10 p.m.	Guppy 1 / Guppy 2
Tues./Thurs.	4:15–4:55 p.m.	Polliwog / Minnow
Tues./Thurs.	6:30–7:10 p.m.	Polliwog / Minnow / Fish / Flying Fish
Tues./Thurs.	7:20–8:00 p.m.	Polliwog / Guppy 1 / Guppy 2 / Shark

Registration Deadline: April 2

FEE: Member: \$29 Non-Member: \$59

SATURDAY LESSONS – 5-WEEK SESSION

WINTER II	FEBRUARY 28 – MARCH 28	
Sat.	9:00–9:50 a.m.	Guppy 1 / Guppy 2 / Minnow / Fish
Sat.	10:00–10:55 a.m.	Polliwog / Flying Fish / Shark

Registration Deadline: February 19

SPRING	APRIL 11 – MAY 9	
Sat.	9:00–9:50 a.m.	Polliwog / Guppy 1 / Guppy 2 / Minnow
Sat.	10:00–10:50 a.m.	Polliwog / Fish / Flying Fish / Shark

Registration Deadline: April 2

FEE: Member: \$24 Non-Member: \$48

Mini Marlins Learn about Competitive Swimming

WINTER I	JANUARY 6 – MARCH 12	
Tues./Thurs.	6:30–7:30 p.m.	

FEE: Member: \$76 Non-Member: \$127