

Greater Morristown YMCA Swim Class Descriptions

Pike: 3-5 years

Gain confidence, learning kicking and doggie paddle with use of a bubble. Goals: Becoming comfortable in the water and swimming independently with the use of a bubble.

Eel I: 3-5 years

Completed pike or can swim 30 ft. with a bubble on; begin freestyle, rotary breathing, and elementary backstroke. Goals: Swim 20 ft. without a bubble with their face in the water.

Eel II: 3-5 years

Completed Pike & Eel I or can swim 20 ft. without a bubble with their face in the water. Continue working on freestyle and rotary breathing as well as elementary backstroke. Goals: Swim 20 meters with their arms out and face in the water.

Rays: 3-5 years

Completed Eel II skills or can swim 20 meters with their arms out and face in the water. Continue work on rotary breathing, perfect elementary backstroke and intro to diving. Goals: Swim 20 meters of freestyle with rotary breathing and be able to swim 25 meters independently.

Starfish: 3-5 years

Completed Rays or can swim 20 meters of freestyle with rotary breathing and be able to swim 25 meters independently. Work on perfecting rotary breathing, elementary backstroke, and backstroke. Introduces breaststroke. Goal: 50 meter endurance swim.

Polliwog I: 6-12 years

For beginners, children new to swim lessons. Working on water adjustment, and intro to freestyle. Goal: Swim with arms out and face in the water for 15 meters.

Polliwog II: 6-12 years

Completed Polliwog I or can swim with arms out and face in the water for 15 meters. Continue working on elementary backstroke and introduce backstroke. Goals: Swim 25 meters independently.

Guppy: 6-12 years

Completed Polliwog II or able to swim 25 meters of freestyle with rotary breathing. Works on endurance as well as technique for freestyle, backstroke, and elementary backstroke. Goals: Swim 25 meters of freestyle with rotary breathing and 100 meters or mixed stroke.

Minnow: 6-12 years

Completed guppy or able to swim 25 meters of freestyle with rotary breathing and 100 meters or mixed stroke. Continue working on endurance as well as stroke refinement in Freestyle, backstroke and elementary backstroke. Breaststroke kick is introduced. Goals: Swim 50 meters of freestyle, backstroke and elementary backstroke.

Fish: 6-12 years

Completed Minnow or be able to swim 50 meters of freestyle, backstroke and elementary backstroke. Continues stroke development and endurance. Breaststroke; butterfly kick and body positioning are introduced. Goals: Swim 100 meters freestyle, backstroke and elementary backstroke as well as 25 meters of breaststroke.

Flying Fish: 6-12 years

Completed fish or can swim 100 meters freestyle, backstroke and elementary backstroke as well as 25 meters of breaststroke. Introduces butterfly and continues to refine technique. Goals: Butterfly for 25 meters and breaststroke for 50 meters. Freestyle, backstroke and elementary backstroke are swum for 150 meters.

