


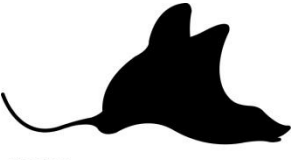




CHINO VALLEY YMCA




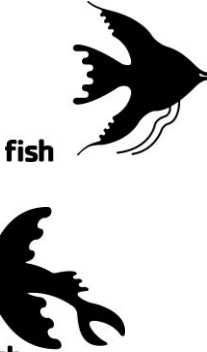
Swim Lessons & Level Descriptions

 <p>parent-child</p>	<p>Parent-Child: the YMCA strives to offer opportunities for individuals of all ages. The Parent-child swim class consists of water safety education, water enrichment, aquatic acclimation and readiness. This class requires that a child be accompanied by a parent or trusted adult at all times for the safety and comfort of each child.</p> <p>Parent and child will be working together to improve:</p> <ul style="list-style-type: none"> • Water acclimation & exploring the pool • Bubble blowing • Introduction to basic swim fundamentals • Kicking & floating • Basic water safety • Swim lesson settings & working with an instructor <div data-bbox="1136 588 1518 703" style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p>Infant & Toddler 6mos–36 mos.</p> </div>
 <p>pike</p>	<p>PIKE: designed for participants with little to no swim experience. Children work towards water adjustment and basic swimming skills. There are no skill prerequisites for enrollment. Class ratio is 1:4.</p> <p>I'm a beginner and I'm learning to:</p> <ul style="list-style-type: none"> • Float on my front and back without assistance • Kick on my front and back 8ft without assistance • Climb in and out of the pool unassisted • Swim 10 yards with minimal assistance • Glide 5ft without assistance • Submerge underwater and blow bubbles <div data-bbox="1136 976 1518 1071" style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p>Preschool 3-5 years</p> </div>
 <p>eel</p>	<p>EEL: designed for children who can swim 8-10 feet unassisted. Participants work towards reviewing and improving basic skills, and are challenged to build greater skill and endurance in both shallow in deeper water. Eel swimmers should not be afraid to put their face in the water. Prerequisites: Successful completion of Pike level and/or passed a skills assessment with instructor. Class ratio is 1:4.</p> <p>I have some water experience and am learning to:</p> <ul style="list-style-type: none"> • Kick 10 yards on front & back without assistance AND • Swim freestyle for 10 yards without assistance • Float on my front & back for 20 seconds unassisted • Perform a recovery roll from a float • Jump in and return to the wall unassisted • Perform side breathing <div data-bbox="1136 1449 1518 1543" style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p>Preschool 3-5 years</p> </div>
 <p>rays</p>	<p>RAY: swimmers can swim 10-15 feet on their front unassisted and learning to coordinate the four swimming strokes through proper breathing and technique. Prerequisites: Successful completion of Eel Level and/or passed a skills assessment with instructor. Class ratio is 1:5.</p> <p>I am confident in the water and am learning to:</p> <ul style="list-style-type: none"> • Back float for 30 seconds unassisted • Swim freestyle with side breathing for 25 yards • Practice basic breaststroke for 25 yards unassisted • Practice backstroke 25 yards without assistance • Dolphin kick off the wall for 10 yards • Tread water for 20 seconds unassisted • Jump into deep water and return to the wall after a back float <div data-bbox="1144 1816 1526 1911" style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p>Preschool 3-5 years</p> </div>



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 <p>polliwogs</p>	<p>POLLIWOG: designed for swimmers who are new to the water. This class will focus on helping participants become more comfortable in the water with the emphasis placed on water safety and acclimation. There are no prerequisites for enrollment. Class ratio is 1:5.</p> <p>I'm a beginner and I'm learning to:</p> <ul style="list-style-type: none"> • Float on my front and back for 10 seconds without assistance • Kick on my front and back 5 yards unassisted • Streamline off the wall 5-10ft without assistance front and back • Jump into the water to an instructor • Submerge underwater and blow bubble <p style="text-align: right;">Youth 6-14 years</p>
 <p>guppies</p>	<p>GUPPY: developed for swimmers who are comfortable putting their faces in the water and are able to swim 10-15 feet unassisted. Swimmers will work toward accomplishing side breathing and will be introduced to the four basic strokes. Prerequisites: Successful completion of the polliwog level and/or passed a skills assessment with an instructor. Class ratio is 1:6.</p> <p>I have some water experience and am learning to:</p> <ul style="list-style-type: none"> • Kick 10yds on my front and back • Swim freestyle with side breathing for 15yds • Float on my front and back for 30 seconds • Jump into deep water and swim 15ft • Bob 10 times comfortable <p style="text-align: right;">Youth 6-14 years</p>
 <p>minnows</p>	<p>MINNOW: swimmers can swim one length of the pool (25yds) and have basic knowledge of the four swimming strokes. Children will work towards improving endurance and skill in all four strokes in preparation for swim team. Successful completion of the guppy level and/or passed a skills assessment with an instructor. Class ratio is 1:7.</p> <p>I am confident in the water and am learning to:</p> <ul style="list-style-type: none"> • Tread water effectively for 1 minute • Swim freestyle for 25yds with side breathing • Swim backstroke 25yds unassisted • Swim breaststroke 25yds unassisted • Swim Butterfly 25 yards unassisted • Practice sculling <p style="text-align: right;">Youth 6-14 years</p>
 <p>fish</p> <p>flying fish</p>	<p>FISH: As the name of the course implies, Fish are swimmers. At this level, students begin to perfect their skills and acquire new ones. Children enter this level with the ability to swim Freestyle, Backstroke, Breaststroke, and Butterfly a distance of 50-100 yards. Technique and endurance are encouraged in all strokes. Successful completion of the minnow/fish level and/or passed a skills assessment with an instructor. Class ratio is 1:7.</p> <p>I am confident in the water and am learning to:</p> <ul style="list-style-type: none"> • Learn sun safety & basic rescues • Improve treading, sculling and floating skills & endurance • Refine skills & build endurance in 4 basic strokes • Learn & refine open turns • Head first & feet first surface dives <p style="text-align: right;">Youth 6-14 years</p>



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 <p>porpoise prep</p>	<p>PORPOISE PREP: a swim class designed for swimmers that would prefer a training class over a swim lesson. Children must be able to swim a continuous 100 yards (<i>25 yards of each</i>) of the basic strokes: Freestyle, Backstroke, Breaststroke and Butterfly. Each child interested in joining the Porpoise Prep Club must set up an appointment to tryout.</p> <p>I am confident in the water and am learning to:</p> <ul style="list-style-type: none">• Refine stroke skills & techniques• Build endurance• Improve treading & floating skill & duration• Learn & promote teamwork• Develop skills & progress to Porpoise Club <p>Youth 6-14 years</p>
 <p>porpoise club</p>	<p>PORPOISE CLUB: a swim class designed for swimmers that wish to develop a competitive style and necessary skills for future aquatics competition. Children must be able to swim a continuous 200 yards (<i>50 of each</i>) of the basic strokes: Freestyle, Backstroke, Breaststroke and Butterfly. Each child interested in joining the Porpoise Club must set up an appointment to tryout.</p> <p>I am confident in the water and am learning to:</p> <ul style="list-style-type: none">• Refine stroke skills & techniques• Increase speed & build endurance• Improve treading & floating skills & duration• Build positive relationships• Promote and demonstrate teamwork & group work• Introduction to physical training; in & out of the pool• Participate in YMCA events on & off site <p>Youth 8-14 years</p>
	<p>WATER POLO: this class will cover an introduction to basic water polo skills, which include: treading water, passing, blocking and scoring, as well as, weekly scrimmages. Participants for this class must be able to a continuous swim 50 yards of freestyle and tread water for 2 minutes.</p> <p>I am confident in the water and am learning to:</p> <ul style="list-style-type: none">• Increase speed & build endurance• Improve water treading skills & duration• Build positive relationships• Promote and demonstrate teamwork & group work• Introduction to physical training; in & out of the pool• Develop basic ball handling skills• Develop a basic understanding of the game <p>Youth 9-15 years</p>