

S w i m L e s s o n L e v e l s

In choosing the right level for your child, please make sure they fit all criteria listed in each section. If your child has never attended swim lessons before, they need to start at the pike/eel or polliwog level depending on their age. If your child is placed in the wrong class for their skill level, we will make adjustments within the first or second class. If you have any questions, where your child should be placed, please contact the Aquatics Director, Austin Birch.

Parent Child: 6 months to 3 years old

Must be accompanied by a parent. Children must wear water proof swim diapers. Class is designed to get children comfortable in the pool and beginning to do basic kicks and paddles.

Pre-School Classes 3 - 6 years old

Pike/Eel: Won't put head completely underwater, no formal swim lessons, may or may not be afraid of the water, little or no stroke development, uses float belt for the class.

Ray: Bobs head completely underwater, previous swim lessons, some stroke development, can do floats with little assistance, has basics of front crawl stroke, jumps in water w/out assistance, float belt use varies. (Must have successfully completed Pike/Eel)

Starfish: Swims 1/2 length of pool with assistance, familiarity with all strokes, no float belt used. (Must have successfully completed Ray)

Youth Classes 7 - 14 years old

Polliwog: Won't put head completely underwater, no formal swim lessons, may or may not be afraid of the water, little or no stroke development, due to height, generally no float belt used.

Guppy: Bobs head completely underwater, previous swim lessons, some stroke development, can do floats with little assistance, has basics of front crawl stroke, jumps in deep water w/out assistance. (Must have successfully completed Polliwog)

Minnow: Able to swim in deep water without any fear, can tread water, can swim length of pool w/out assistance in front crawl, familiarity of other strokes. (Must have successfully completed Guppy)

Fish: Able to swim in deep water, can swim length of pool w/out assistance in all strokes, able to dive. (Must have successfully completed Minnow)

Adult Classes 14+ years old:

Wants to learn to swim or develop skills. Class is one on one instruction. (Must contact Austin to schedule)

Swim Lesson Information:

Session length is 6 weeks at the Y. Same instructor is not guaranteed if choosing multiple days a week. Classes with less than 3 participants will be cancelled or combined with a level either above or below their current level. There are no refunds for missed classes and classes can not be made up on another day. If the Y cancels class due to weather or other circumstances, a credit will be applied to your account which can be applied to a future program. All weather cancellations will be posted on our facebook page, website, text sent through Rained Out, and on the radio through 101.3 WMCI, 92.1 Classic Hits, and 104.3 The Party.

Register Online at Website: www.mattoonymca.org



Facebook: Mattoon Area Family YMCA

Rained Out: TEXT 2349494 to 84483 to receive text alerts OR send an EMAIL to subscribe@rainedout.com with the subject line 2349494.