



Westwood YMCA

2093 Harkney Hill Rd, Coventry, RI 02816 (401)397-7779

Swim Lesson Schedule



PRESCHOOL SWIM LESSONS AGES 3-5

Preschool Swim Lessons: Is a basic activity for 3 to 5 year olds that stresses 5 components; personal safety, personal growth, stroke development, water sports and rescue. The following classes are divided by current skill level rather than age.

Pike: Beginning level class that introduces the child to aquatics. Development of basic components is the goal at this level.

Eel: This level practices more basic skills, works on swimming horizontally and going under water.

Ray: Students are beginning to master strokes and are working towards swimming greater distances independently, treading water and diving skills.

6 Students MAXIMUM per class

YOUTH SWIM LESSONS AGES 6 & Up

Polliwog: Developing the total person in a YMCA swim class starts at the Polliwog or beginning level. This level focuses on paddle skills, rhythmic breathing, front and back floats and reaching and throwing assists.

Guppy: At the guppy level, students are building on the confidence and abilities they developed in the

Polliwog level. Focus is on the front crawl and rotary breathing.

Minnow: At this level, students are moving from a beginning to an intermediate level of swim. Focus is on further development of front and back crawl, increased endurance, emergency procedures, and personal safety.

Fish: As the name implies, Fish are swimmers. At this level, students perfect their skills and acquire new ones. Focus is on breaststroke kick and dolphin kick, elementary backstroke and basic first aid.

Flying Fish: By this level, the swimmer has advanced to a high level of comfort with and confidence in the water. Focus is on the butterfly and breaststroke, open turns, extension assists and underwater search.

Shark: At the shark level, students learn the relevance of swimming skills, lifesaving techniques, conditioning, and decision making.

10 Students MAXIMUM per class

**EVERYONE MUST REGISTER AT THE OFFICE
ALL LESSONS RUN 45 MIN.**

Rainy Day Policy: Make up on Friday of that week. At the same scheduled time.