

## Youth Swim Classes

### Youth Classes

#### (ages 5 and up- must be in Kindergarten)

Our Youth Program is made up of five main components: personal growth(confidence, Core Values), personal safety (boating/diving/jumping/sun safety), stroke development ( free style/front crawl, back stroke, breast stroke, butterfly, elementary back stroke and more), water sports and games (synchronized swimming and wet ball), and rescue (reaching/throwing assist). Each level builds on the next level and includes all swim strokes, diving fundamentals and safety skills. Swimmers who have not been in the program previously are swim tested the first week of class for proper placement. Swimmers are placed according to skill level not by age. Youth classes are taught in a caring and supportive manner to build each child's confidence. Classes are 40 minutes long and are typically run in 8 week sessions. Please see below for additional class information.

Parents are permitted to observe swim classes during week number 4 and the last week of the session. Session calendars are handed out at the beginning of the session.

**Please note that children with special needs are strongly encouraged to join our Special Needs Buddy Swim. If you are not sure about your child please contact Barbara Glaude to discuss before enrolling. Please see our Special Needs Aquatic Page for additional information.**

Contact Barbara Glaude, Aquatic Director with questions or concerns.  
860-426-9553 or [bglaude@southington-cheshireymca.org](mailto:bglaude@southington-cheshireymca.org)



#### **Polliwog- beginner**

Swimmers at this level are learning water adjustment, floating skills, face in swimming and introduction to back crawl. Children in this level wear flotation devices. Ratio for this class is 1:8



#### **Guppy-advanced beginner**

Swimmers at this level are able to float on back and front without assistance. Swimmers begin to learn rhythmic/rotary breathing and beginning elementary back and breast strokes in addition to the improvement of front, back and side crawl strokes. Swimmers at this level may still wear a flotation device for stroke correction/perfection.



### **Minnow- intermediate**

Swimmers at this level swim without flotation devices and are swimming the length of the pool for the entire class. Swimmers will develop diving skills and improve their rotary breathing as well as improve their other strokes.



### **Fish- advanced intermediate**

Swimmers at this level should be proficient at rotary breathing, back stroke, side stroke and breast stroke. Butterfly is the new stroke at this level and begin to learn how to perform competitive turns at the wall.



### **Flying Fish- advanced**

Swimmers at this level are mastering each of their strokes and building endurance for each stroke.

## **Additional Youth Class Offerings**

### **Craft and Swim (Ages 5-10)**

Children in this program will participate in our Youth Swim Lesson program and then make an art or craft piece to take home. This class is perfect for morning kindergarteners and home schooled children. This program is 40 minutes of swimming and 20-25 minutes of art/craft giving parents a perfect opportunity to work out. Participants should wear their swimsuits to class. Note: there is a morning version of this class for afternoon kindergarten children. See the preschool page for information.

## **Fit and Swim**

### **(Ages 5-10)**

Children in this program will meet with our Aquatic Staff for a 30 minute fitness/healthy choices activity and then go to the pool for our Youth Swim Lesson Program. This program teaches children about health and fitness at a perfect age. This program is perfect for morning kindergarteners and home schooled children. Participants should wear their swim suits to class. Sneakers are required for this class. Note: there is a morning version of this class for afternoon kindergarteners. See the Preschool Page for information.

## **Aquatic Fitness for Kids**

### **(Ages 8 and up)**

This program is designed to teach children about aquatic fitness through lap swimming. Participants in this program must be able to swim the length of the pool comfortably without a flotation device. This program will refine the 4 major strokes and help swimmers prepare for swim team. This program is NOT a replacement for our Youth Swim Lesson program.



## **SPLASH**

### **(Ages 5-12 must be in kindergarten)**

The Southington Community YMCA is happy to offer this program each year during April school vacation week. The SPLASH program is an opportunity for non-swimmers to learn to swim. This is a community service program in which Southington children can learn how to be safe in and around different types of water. Families will learn about water and boating safety and swimmers will then have a 30 minute lesson. Parents are required to stay for the dry land portion of the class. Fliers are sent home with all Southington school aged children in March and registration for this program occurs in house at the Southington Community YMCA.

## **Pre-Team**

### **(Ages 8-14)**

This program is specifically designed to get participants ready for our Stingray Swim Team. Participants will work on competitive strokes, starts and turns. Participants must be able to swim 2 lengths (50 Yards) of the pool without stopping. This program is offered for 3-4 weeks before the start of our Fall and Summer swim seasons. Additional information on our swim team can be found on our Stingrays swim team page.

## **Stingrays Swim Team**

### **(Ages 5 and up)**

Please see the Stingrays swim team page for additional information on this program.