



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Salem Y Swimming Lessons Chart

6-36 Months

Swim lessons for children 6-36 months.


ALL →

PARENT/CHILD
For ages 6-36 months the classes are taught with the parent accompanying the child in the water.

3-5 Years

Can your child put his/her face in the water for 3 seconds and float in a relaxed position on the front and back with some assistance?


NO →

PIKE
(Beginner) 
Children adjust to the water and develop independent movement. Teaches blowing bubbles, floating, and pool safety.

↓ **YES**

Can your child float on the front and back for 5 seconds and glide on the stomach?



NO →

EEL
(Intermediate Beginner) 
For children who are comfortable putting their faces into the water. Children are taught to float, kick and use arm strokes.

↓ **YES**

Can your child tread water for 30 seconds and swim 20 yards using front crawl and 20 yards using back

NO →


RAY/STARFISH
(Intermediate/Advanced)  
For children who can float and glide unassisted. This class works on side breathing, strengthening arm strokes and kicking, endurance and teaches treading water skills.

↓ **YES** → **Advance to Minnow**

6-14 Years

Can your child float unassisted on their front & back for 30 seconds? Can they swim front and back crawl 10 yards?


NO →

POLLIWOG
(Beginner) 
Beginner level for those who are uncomfortable or inexperienced in the water. Teaches basic water skills including gliding with their face in water, floating and kicking.

↓ **YES**

Can your child float unassisted on the front & back for 1 minute? Tread water unassisted for 30 seconds? Swim front crawl for 20 yards and back crawl for 20 yards?



NO →

GUPPY
(Advanced Beginner) 
For children able to swim on their front and back 10 yards. Teaches swimming on front & back and side breathing while swimming the front crawl.



↓ **YES**

Can your child swim the length of the pool using the front crawl, back crawl, breast stroke and elementary backstroke?

NO →

MINNOW/FISH
(Intermediate)  
For children able to swim 50 feet on front some side breathing & 50 feet on the back. Teaches front crawl with rotary breathing, backstroke, elementary backstroke and beginning breaststroke.

↓ **YES** →

FLYING FISH/SHARK
(Advanced)  
For children able to swim front crawl with rotary breathing, back crawl, breaststroke 40 yards. Refines breast stroke, teaches butterfly, sidestroke, open and flip turns and improves other strokes and endurance.