



South Shore YMCA At Mill Pond

YAQUATICS™

We build strong kids, strong families, strong communities.

Parents' Guide

Welcome to the South Shore YMCA at Mill Pond Aquatic Program. The South Shore YMCA offers a comprehensive Aquatic Program developed by the National YMCA. Our program is designed to develop the whole person by building self-esteem, teaching the values of caring, honesty, respect, and responsibility. We also aim to develop specific swimming skills, teach personal safety skills, and to have fun. The following information is provided to help you and your child get the most from your swimming class.

General Swimming Class Guidelines

- Parents should always provide positive encouragement. Each child learns and progresses at his or her own rate.
- 2 – 3 sessions is the average amount of time children will spend in each level.
- Please shower before entering the pool.
- No one should enter the water until the instructor says it is OK.
- There is no food or drink allowed in the pool area. **GLASS containers should never be brought to the pool.**
- **For Waterbabies and Parent & Tots Classes:** Please have your child wear a swim diaper. All other children are **strongly encouraged to use the restroom before class.** Children should not eat a heavy meal prior to their class.
- If you have children in the pool area that are not participating in classes, please limit them to quiet play on the bleachers or the bench.
- Children should be respectful of their instructor and follow the rules set by him or her.
- Parents of children 3-6 years old are asked to stay in the pool area during their children's swim class.

Parents' Guide cont'd

Goals of the programs

The YMCA Parent & Tot Swimming Classes include: Water babies, Parent & Tot and Pre-Pike. Ages 6 months – 5 years. This is an introductory stage for parents and their children. Water adjustment skills, songs and games along with age appropriate skills are taught.

The YMCA Preschool Swimming classes include: Pike, Eel, Ray, & Starfish. Ages 3-6 prior to grade one. These programs include the basics of water safety and swimming skills.

Pike: (Beginner level) Floatation devices (double bubbles) are used to give the children the necessary support for learning how to swim. Skills include floating with or without support, jumping independently and swimming 10-15 yards of the pool without assistance in a horizontal position.

Eel: Children are encouraged to swim 15 yards of the pool wearing a single bubble, float independently, tread water, dive, and swim underwater.

Ray: Crawl stroke is introduced along with rhythmic breathing and improving previously learned skills. Bubbles are removed in Ray level.

Starfish: This is the advanced level of the preschool program; bubbles are not used in this level. Children will be taught backstroke, improve their crawl stroke, improve their diving skills and improve on previously learned skills.

The YMCA Youth Swimming lessons include:

Polliwog, Guppy, Minnow, Fish, Flying Fish, & Shark - Grades 1 - 6

Polliwog: (Beginner) Children are encouraged to swim independently for 15 yards doing a paddle stroke (dog paddle) without floatation. Personal safety, floating, breath control, kicking, and other basic skills are taught.

Guppy: Swimming the length of the pool (25 yards) doing a paddle stroke and swimming 25 yards doing a rudimentary crawlstroke with a teaching aid are the two primary skills in Guppy. Personal safety, floating, rhythmic breathing, and other basic skills are taught.

Minnow: Crawlstroke, backstroke and sidestroke are the primary skills in Minnow. Other skills include personal safety, floating, treading water, and sculling.

Fish: Crawlstroke, breaststroke, sidestroke and elementary backstroke are the primary skills in Fish. Other skills include: personal safety, diving, treading water, and survival floating.

Flying Fish: Breaststroke & butterfly are the primary skills in Flying Fish. Other skills will include: improving crawlstroke, and backstroke. Children will also learn flip turns, diving from the starting blocks, and personal safety.

Shark: Shark is the most advanced YMCA swimming class at our Mill Pond facility. In Shark, children will review the four competitive strokes (butterfly, backstroke, breaststroke & crawl stroke). Competitive starts and turns will be learned as well as endurance swimming and simple lifeguarding skills.

Parents' Guide cont'd

Other programs that are offered in the Aquatic Department include Lifeguard Certification, Adult Swim Lessons, Water Aerobics, Senior Water Aerobics, Aqua Arthritis Classes, Water Fitness Classes, Group Personal Training, Private Swim Lessons, a year round swim team (**Strypers**), and a summer recreational swim team (**Sharks**).

