



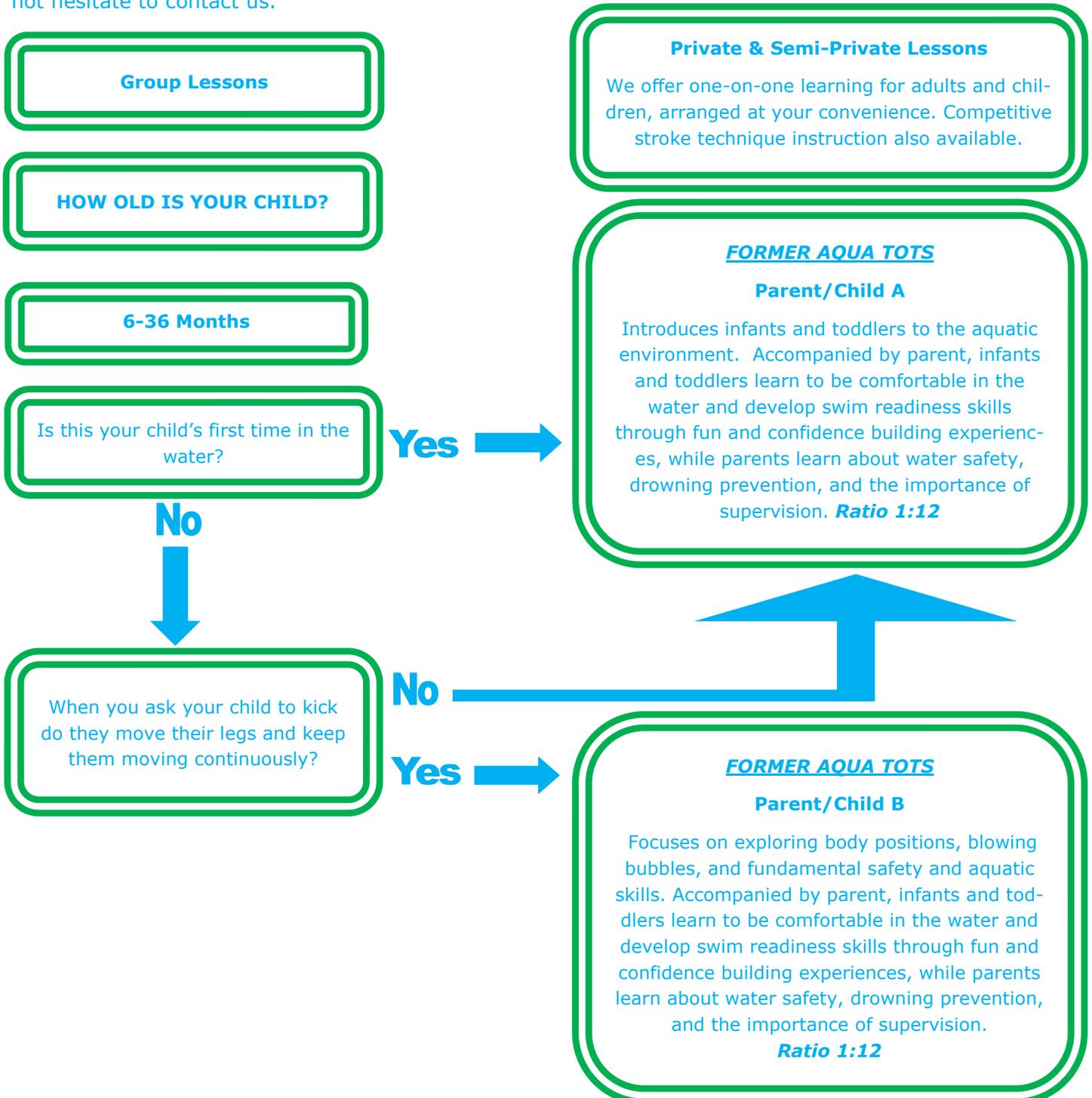
# Lancaster Family YMCA Swim Lesson Placement Flow Chart

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

National YMCA Aquatics programs are designed to teach personal water safety, stroke development, water sports and games, rescue and personal growth skills to children. Our program is divided by age and skill levels. Advancing to the next level is dependent on the child's completion of required skills. Children learn at their own pace.

Session length does not guarantee that all children will advance to the next level. All instructors are trained to work with children at their individual ability level.

The YMCA offers swim lessons for all ages and abilities. Please answer the questions below regarding your child's swimming ability to place them in the correct class. If you have any additional questions please do not hesitate to contact us.





**HOW OLD IS YOUR CHILD?**

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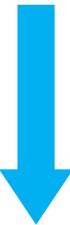
**Preschool 3-5 Years**

Can your child swim 10ft with assistance and is comfortable going underwater?

**No** →

**FORMER PIKE (Beginner)**  
**Preschool Level 1**  
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with **assistance**. Swimmers learn personal water safety and introduce basic swimming competency by learning two bench mark skills: 1) Swim, Float, Swim— sequencing front glide, roll, back float, roll, front glide, and exit; 2) Jump, push, turn, grab **Ratio 1:6**

**Yes**



Can your child swim 5yds un-assistance on front & back? Are they able to float for 10 seconds unassisted on their front & back?

**No** →

**FORMER EEL (Intermediate Beginner)**  
**Preschool Level 2**  
Encourages forward movement in water and basic self-rescue skills performed **independently**. Swimmers learn personal water safety and introduce basic swimming competency by learning two bench mark skills: 1) Swim, Float, Swim— sequencing front glide, roll, back float, roll, front glide, and exit; 2) Jump, push, turn, grab **Ratio 1:6**

**Yes**



Can your child swim 15yds unassisted on front & back? Are they able to tread water for 30 seconds?

**No** →

**FORMER RAY (Advanced Beginner)**  
**Preschool Level 3**  
Develops intermediate self-rescue skills performed at longer distances than in previous stages. Swimmers learn personal water safety and introduce basic swimming competency by learning two bench mark skills: 1) Swim, Float, Swim— sequencing front glide, roll, back float, roll, front glide, and exit; 2) Jump, push, turn, grab **Ratio 1:6**

**Yes**



**FORMER STARFISH (Advanced Beginner)**  
**Move to Youth Level 4**



Youth 6-12 Years

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Can your child swim 10ft with assistance and is comfortable going underwater?

No →

Yes ↓

**FORMER LOW POLLIWOG (Beginner)**  
**Youth Level 1**  
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with **assistance**. Swimmers learn personal water safety and introduce basic swimming competency by learning two bench mark skills: 1) Swim, Float, Swim— sequencing front glide, roll, back float, roll, front glide, and exit; 2) Jump, push, turn, grab  
**Ratio 1:6**

Can your child swim 5yds un-assistance on front & back? Are they able to float for 10 seconds unassisted on their front & back?

No →

Yes ↓

**FORMER HIGH POLLIWOG (Intermediate Beginner)**  
**Youth Level 2**  
Encourages forward movement in water and basic self-rescue skills performed **independently**. Swimmers learn personal water safety and introduce basic swimming competency by learning two bench mark skills: 1) Swim, Float, Swim— sequencing front glide, roll, back float, roll, front glide, and exit; 2) Jump, push, turn, grab  
**Ratio 1:6**

Can your child swim 25yds unassisted on front & back? Are they able to tread water for 1 minute?

No →

Yes ↓

**FORMER LOW GUPPY (Advanced Beginner)**  
**Youth Level 3**  
Develops intermediate self-rescue skills performed at longer distances than in previous stages. Swimmers learn personal water safety and introduce basic swimming competency by learning two bench mark skills: 1) Swim, Float, Swim— sequencing front glide, roll, back float, roll, front glide, and exit; 2) Jump, push, turn, grab  
**Ratio 1:6**

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Youth 5-12 Years

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Can your child swim 15yds of front crawl, back crawl, elementary backstroke, breaststroke, & butterfly? Are they able to perform a sitting dive?

No →

Yes ↓

Can your child swim 25yds of front crawl, back crawl, elementary backstroke, sidestroke, breaststroke, & 15yds of butterfly and 50yds consecutively of any stroke? Are they able to perform a kneeling dive?

No →

Yes ↓

Can your child swim 50 yards of front crawl, back crawl, elementary backstroke, sidestroke, breaststroke, & 25yds of butterfly and 150yds consecutively of any stroke? Are they able to perform a standing dive & flip turn?

No →

Yes ↓

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**FORMER HIGH GUPPY/LOW MINNOW/  
STARFISH**

**(Intermediate)**

**Youth Level 4**

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

**Ratio 1:8**

**FORMER HIGH MINNOW/LOW FISH**

**(Advanced Intermediate)**

**Youth Level 5**

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

**Ratio 1:8**

**FORMER HIGH FISH/FLYING FISH (Advanced)**

**Youth Level 6**

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

**Ratio 1:8**