

**Oneonta Family YMCA**  
**YOUTH SWIMMING LESSONS**

Youth swimming lessons are for children who have finished Kindergarten and up,  
and the lessons are then organized by ability.

**There are 5 components of our swimming lessons:**

Personal Safety **2-** Character & Personal Growth

**3-** Water Safety **4-** Rescue **5-** Stroke Development

**Beginning Polliwog– Water Acclimation**

- Beginner no skills needed

**Advanced Polliwog– Water Movement**

- Can do a front and back float by themselves.
- Swim with face in the water (on top not under)
  - Jump in 4 feet deep water by themselves
- Swim paddle stroke across width of small pool in 4 feet

**Guppy– Water Stamina**

- Can swim in 11 feet and is comfortable
  - Can swim (finning) on back
  - Can turn from front to back

**Minnow– Stroke Introduction**

- Can do a kneeling dive
- Can swim the length of the pool in both a front and back crawl
  - Can jump off the diving board
  - Can tread water for 30 seconds

**Fish– Stroke Development**

- Can swim elementary backstroke
  - Can swim sidestroke
- Can do a standing dive from deck

**Flying Fish– Stroke Mechanics**

- Can dive from the diving board
  - Can swim breaststroke
  - Can swim beginning butterfly
- Can tread water for 3 minutes