



Hopkinsville/Christian Co Family YMCA  
7805 Eagle Way  
Hopkinsville, KY 42240  
(270) 887-5382  
(270) 889-9375 facsimile

## 2010 Swim Lesson Descriptions

| CLASS  | AGE                      | PREREQUISITES  |
|--|--------------------------|--|
| <b>Pikes</b><br>Classes conducted in 2½' - 3½' pool area.  | minimum of three (3) yrs | A beginner I class. Participant has had little to no exposure to swimming.   |
| <b>Polliwogs</b><br>Classes conducted in 4' pool area.     | none                     | A beginner class. Must be able to walk away from pool wall, turn around and grasp the wall. Can float both front wards and backwards with or without a flotation device. Should be able to step away from pool side, paddle to surface, and return to pool side.                     |
| <b>Guppys</b><br>Classes conducted in 4' to 10' pool area. | none                     | An advanced beginner class. Front and back float without a flotation device. Can tread water for 20-30 seconds, paddle 15', roll to back and float for 15 seconds before returning to pool side. Must be able to perform ten (10) "bobs" in the deep end without a flotation device. |