



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hopkinsville/Christian County Family

2025 Swim Lesson Class Descriptions

Swim Starters



Penguin-Chick/Parent-Child

- Age range 6mo-3yrs
- Description:
 - Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision
- Goal:
 - Water Discovery: Introduce infants and toddlers to the aquatic environment through exploration and encourage them to enjoy themselves while learning about the water

***At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship**



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Swim Basics

Students continue learning personal water safety and progress basic swimming competency and skills



Starfish/Level 1

- Age range 3-4 years*
- Description:
 - In Level 1, swimmers will increase comfort with underwater exploration and be introduced to basic self-rescue skills performed with assistance from instructors
- Goal:
 - Water Acclimation: Swimmers develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water.



Froggie/Level 2

- Age range 4-6 years*
- Description:
 - In Level 2, swimmers focus on independent body position and control, directional change, and forward movement in the water while also continuing to practice how to safely jump into and exit a body of water
- Goal:
 - Water Movement: Swimmers develop further independence in the water such as basic floating, rolling, push-offs and jumping, along with swim stroke introduction.

***Based on a participant's swim skills, a participant may be moved by our Swim Lesson Coordinator and/or instructors into a class that best fits that participants needs and abilities.**



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Swim Strokes

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



Turtles/Level 1

- Age range 6-9 years*
- Description:
 - In Level 1, swimmers learn how to swim to safely from a longer distance than in previous stages and introduces rhythmic breathing and integrated arm and leg action as they further develop basic stroke technique in front crawl and back crawl
 - Water safety is reinforced with introducing elementary backstroke and seated diving techniques.
 - For children who are comfortable in the water and able to swim/kick at least 5 yards with faces in the water with or without a flotation device.
- Goal:
 - Stroke Introduction: Swimmers continue to learn basic swimming proficiency in front and back crawl and elaborate on water safety skillset without relying on assistance/flotation devices.



Otters/Level 2

- Age range 9-12 years*
- Description:
 - In Level 2, swimmers develop stroke technique in front crawl and back crawl and learn the breaststroke and butterfly kick.
 - Water safety is reinforced through introducing treading water, and sidestroke, as well as, progressing diving technique.
 - For children who are comfortable in the water and able to swim/kick at least 10 yards with faces in the water without a flotation device.
- Goal:
 - Stroke Development: Swimmers further develop swim stroke technique with introduction of new strokes and progression in diving skills along with treading water for water safety.



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Swim Strokes (cont.)



Sharks/Level 3

- Age range 12-15 years*
- Description:
 - In Level 3, students will work on stroke technique and learn all major competitive strokes along with standing dives and turn technique.
 - For children who can swim front crawl 15+ yards with faces in the water, no stopping and no flotation device.
- Goal:
 - Stroke Mechanics and Stamina: Review and improve upon all stroke skills/technique, introduce more complex techniques in diving and treading, along with turn skills to prepare for transition to swim team and/or pre-lifeguard course.

***Based on a participant's swim skills, a participant may be moved by our Swim Lesson Coordinator and/or instructors into a class that best fits that participants needs and abilities.**

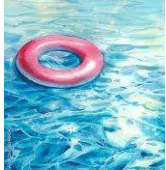


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2025 Swim Lesson Class Descriptions

Adult Swim Lessons



Learn to Swim

- Age range 16+ years
- Description:
 - In adult learn to swim, swimmers focus on a wide range of skills focusing on independent body position and control, directional change, and forward movement in the water while maintaining or building comfort in the pool.
- Goal:
 - Water Acclimation and Movement: Swimmers develop further independence in the water such as basic floating, rolling, push-offs, along with swim stroke introduction.

Adaptive Swim Lessons



- Individual Level
- Age range 3-16 years
- Description:
 - In this lesson we work with swimmers with diverse abilities to focus on comfort with underwater exploration and introduction to basic self-rescue skills performed with assistance from instructors in a 1:1 ratio.
 - We also introduce independent skills as swimmer progresses at their own pace.
- Goal:
 - Water Acclimation and Movement: Swimmers develop comfort and independence in the water such as basic floating, rolling, push-offs and swim safety.

If you have any other questions, or concerns, please feel free to contact us:

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