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**ywca**

**St. Paul**

## **Youth Aquatics Class Descriptions**

### **Aqua Tots**

This class is for children eighteen months to 3 years old. Parent participation is required.

### **Blow Fish (intermediate)**

For children that have some exposure to floating on their back and are comfortable submerging underwater while blowing bubbles for 3 seconds. Preschool swimming classes are for children ages 3-5. Featuring a 1:4 student to teacher ratio, parents are not required to be in the water with their preschool aged swimmers.

### **Clown Fish (advanced)**

Must be able to float with face flat in the water, eyes looking down, and blowing bubbles for 7 seconds. They also must be able to float on their back, ears comfortably submerged underwater, with little assistance for 10 seconds. Preschool swimming classes are for children ages 3-5. Featuring a 1:4 student to teacher ratio, parents are not required to be in the water with their preschool aged swimmers.

### **Jelly Fish (beginner)**

This class is for beginner swimmers with little or no experience in the water. Preschool swimming classes are for children ages 3-5. Featuring a 1:4 student to teacher ratio, parents are not required to be in the water with their preschool aged swimmers.

### **Level 1-Intro to Water Skills**

This class is for children who are at least five years old with little or no swimming experience.

### **Level 2-Fund. Aquatic Skills**

Children must be able to float front/back unassisted and submerge head under water for three seconds.

### **Level 3-Stroke Development**

Children must be able to swim the front and back crawl at least 10 yards each.

### **Level 4-Stroke Improvement**

Children must be able to swim 25 yards of both front and back crawl.

### **Level 5 - Stroke Refinement**

Children must be able to swim 25 yards front crawl, back crawl and elementary backstroke.

### **Piranhas Swim Team**

This swim team is for beginner to advanced youth swimmers who are familiar with the four competitive strokes. Practices will include stroke mechanics, components of competitive starts and turns, and sprint/endurance training. Competitions are not required but are strongly encouraged. Swimmers will be placed in appropriate group (Gold or Black) based on stroke refinement, endurance level and age.

### **Piranhas Dryland Training**

This class is for Piranhas swimmers who are interested in participating in training to improve performance in the water. Training includes stretching, medicine ball work, stretch cord training, running, weights and other sports. Dryland training helps swimmers maintain their motivation with fun activities and it helps with flexibility, muscular training, improving coordination, balance, agility, aerobic conditioning and injury prevention.

### **Water Babies**

This class is for children ages six months to eighteen months who have no water experience. Parent participation is required.