



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CHILDREN ARE 65% WATER & 100% CURIOUS



## SUMMER 2019 SWIM LESSONS

### Monday and Wednesday Nights

- 4 weeks – 2 days/week = 8 lessons
- Preschool – 5:30 pm to 6:00 pm
- School age – 6:10 pm to 6:50 pm
- Fee: \$60/members | \$120/non-members
  - Summer 1: June 10th-July 10th
  - (no lessons July 1st and 3rd)
  - Summer 2: July 15th-August 7th

### Monday-Thursday Mornings

- 2 weeks – 4 days/week = 8 lessons
- Preschool: 9:15am-9:45am
- Preschool: 10:00am-10:30am
- School Age – 8:30am-9:10am
- School Age-10:45am-11:25am
- Fee: \$60/members | \$120/non-members
  - Summer 1: June 10th- 20th
  - Summer 2: July 8th- 18th
  - Summer 3: July 29th- August 8th
  - Summer 4: August 12th-22nd

### Waterbabies

- 4 weeks – 1 day/week = 4 lessons
- Tuesday – 6:30 pm to 7:00 pm
  - Summer 1: June 11th- July 9th  
(no lessons July 2nd)
  - Summer 2: July 16th-August 13th  
(no lessons July 23rd)
- Fee: \$10/members | \$20/non-members

### Private Lessons

- 4 lessons- 30 min. per lesson
- Scheduled upon request and availability



### More Info

- Register by calling 515-777-7746 or visiting the YMCA Welcome Center
- Make-ups will only be scheduled due to YMCA cancellation.



### Financial Assistance

The YMCA of Greater Des Moines programs and activities are designed to benefit people from all backgrounds and fees are based on the cost of providing each program. While participants are expected to pay their share, we believe cost should never be a barrier that keeps kids from learning how to swim. The Y will assist any individual/family who wants to participate but cannot afford the fee.



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# Indianola Swim Lesson Level Questionnaire

Please use this questionnaire to help determine what level you should choose for your child.

Not sure which level to enroll in? It is better to enroll in a lower level. Swimmers often repeat levels before progressing; we want to ensure your child is ready, and children transition better moving up rather than down

## Preschool Lessons Ages 3 – 5 (1:4 ratio) 30 min classes

### Level 1 (Pike)

- Is your child comfortable in the water?
- Will your child put their face in the water?
- Will your child swim unassisted without a floatation device?
  - No to any questions - enroll in Level 1
  - Yes to all questions - move to Level 2

### Level 2 (Eel)

- Can your child jump into the pool without assistance?
- Can your child front float without assistance?
- Can your child back float without assistance?
- Will your child swim unassisted for 5 feet?
  - No to any questions - enroll in Level 2
  - Yes to all questions - move to Level 3

### Level 3 (Ray/Star)

- Can your child do a back float by themselves for 30-45 seconds?
- Can your child do a kneeling dive correctly?
- Can your child swim the front crawl without assistance for 15 feet?
  - No to any questions - enroll in Level 3
  - Yes to all questions - move to Level 4\*

\*Dependent on age

## School Age Lessons Ages 6 – 12 (1:6 ratio) 40 min classes

### Level (1-3) (Polliwog)

- Can your child front float on their own?
- Can your child back float on their own?
- Can your child swim unassisted for 15-20 yards?
  - No to any questions - enroll in Level (1-3)
  - Yes to all questions - move to Level 4

### Level 4 (Guppy)

- Can your child swim the front crawl with rotary breathing for 25 yards? (One length of the pool)
- Can your child swim the back crawl for 25 yards?
- Is your child comfortable in deep water?
- Can your child swim rudimentary breaststroke?
  - No to any questions - enroll in Level 4
  - Yes to all questions - move to Level 5

### Level 5\* (Minnow/Fish)

- Can your child swim the breaststroke for 25 yards?
- Can your child swim the sidestroke for 25 yards?
- Can your child tread water for at least 1 minute?
  - No to any questions - enroll in Level 5
  - Yes to all questions - move to Level 6

### Level 6\*

- Can your child swim the following strokes for 50 yards?  
Front Crawl - Breaststroke - Elementary Backstroke -  
Backstroke - Side stroke
- Can your child swim the butterfly stroke?
- Can your child tread water for over 2 minutes?
  - No to any questions - enroll in Level 6
  - Yes to all questions - Please see our swim team flyer!

\*Most level 5 and 6 classes are taught as combined classes. Instruc-

Questions? Contact our Aquatics Coordinator, Emily Krueger, at [Emily.krueger@dymca.org](mailto:Emily.krueger@dymca.org) or visit our website at [dymca.org](http://dymca.org)