



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Lessons

FUN WITH A SPLASH OF CONFIDENCE

Parent Child Swim (6-36 months)

Parent Child Swim

This class is designed for children ages 6-36 months. Our focus is to acclimate children to the water environment. Kicking and arm strokes are incorporated into each class along with other basic water movements.



Preschool Swim Lessons (3-5 years)

Pike (Beginner)

A beginner class for children who are comfortable participating in class without their parents on the pool deck. Children at this level have little or no swimming experience and will learn rhythmic bubble blowing, swimming forward, making turns, and lying on their back, all with a flotation device.



Eels (Advanced Beginner)

An advanced beginner class for children who can put their face in the water and swim five feet without a flotation device. Children at this level can also kick on their back with or without a flotation device.



Ray (Intermediate)

An intermediate class for children who can swim 20 feet with their face in the water and arms out without a flotation device. Children at this level can also swim one-half length of the pool on their back without a flotation device.



Progressive Swim Lessons (5 years & up)

Polliwog (Beginner)

A class for beginners. Children in this class have little or no swimming experience. Children will learn to swim unassisted on stomach and assisted on back. They will become comfortable submerging their face.



Guppy (Advanced Beginner)

A class for advanced beginners. Children in this class can swim one length of the pool on their front with their face in the water. Children are also comfortable in deep water and swimming on their back.



Minnow (Advanced Beginner)

An intermediate class designed for children who can swim one length of the pool (front crawl with rotary breathing) and one length of the pool on their back.



Fish (Intermediate)

An advanced intermediate class. Children in this class can swim one length of the pool (front crawl with excellent rotary breathing), and one length (back crawl). Children must be able to swim two lengths continuously.



Flying Fish (Advanced Intermediate)

An advanced class for children who can swim two lengths of the pool (front crawl), and two lengths (back crawl). Children must also know breaststroke kick and butterfly kick.





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Teen Swim Lessons (11-18 years)

A beginner class for teens who have not had swimming lessons before or who are not comfortable in the water. Teens will learn basic water skills in a relaxed, fun environment.

Adult Beginner Swim Lessons

For people who have a fear of the water or have never taken a swimming lesson. Water adjustment, kicking, arm strokes and confidence in deep water are emphasized. Lessons are one on one and set to meet your scheduling needs.

Adult Intermediate Swim Lessons

For people who can swim a short distance in shallow water with their faces in the water or comfortable in deep water who want to improve their form and learn new strokes. Emphasis is on building endurance and mastering skills. Lessons are one on one and set to meet your scheduling needs.

Aqua Ability

This class provides a unique experience with an emphasis on sports, social interaction and fun. We strive to reach youth within our community by providing them a safe place to grow and socialize in a nurturing environment. Lessons are adapted to each child's specific needs and limitations.

Special Needs Open / Family Swim

This recreational swim time is available only to special needs participants and their families. Participants need to have a parent / guardian present in the pool with them.

Home School Swim Lessons (5 years & up)

We are providing a safe environment in which children can learn practical and social skills & develop positive values. Minimum of 10 students needed to run the program

Private Lessons / Personal Swim Training

One-on-one lessons or aquatic training.
Contact the Aquatics Department at 920.482.1508.



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