

## Thornapple Kellogg Community Pool

### YMCA Swim Lessons

Thornapple Kellogg School and YMCA of Barry County, together offer the following swim lessons for children. All swim classes are taught and supervised by certified lifeguards. Classes are scheduled on Saturday mornings and last approximately 45 minutes each. Register early as classes fill quickly. Watch for new sessions and class times listed in each edition of THE KEY.

Contact YMCA with any questions regarding registration or class descriptions, 269-945-4574. All registrations are to be sent to: YMCA of Barry County  
PO Box 252  
Hastings, MI 49058 or fax registration along with credit card information to 269-945-2631

Class descriptions:

#### Preschool (ages 3 and 4):

**Pike:** class designed to introduce children to swimming skills and water adjustment. To progress to the next level, child must swim a width of the pool with a PFD, jump into the pool with little or no assistance and swim for twenty seconds.

**Eel:** class designed for preschool intermediate skills. Child will be comfortable with their face in the water, be able to jump in with a PDF and have some forward propulsion.

**Ray:** class designed for preschool intermediate skills. Child must be able to do the front and back float with minimal aide, jump in the water with no assists and swim 20 feet with no assists.

#### Youth (ages 5 and up):

**Polliwog 1:** class designed for introduction to swimming, little or no skill level. Child will be introduced to basic swimming skills and increase their comfort in the water.

**Polliwog 2:** class designed for those who have taken Polliwog 1 and/or are comfortable in shallow and deep water with PFD. Child should be able to put face in the water.

**Guppy:** class designed for those who can do the front crawl, must be able to swim with face in the water, and must know the front and back float.

**Minnow:** class designed for those that can do the front crawl with rotary breathing for 50 feet and float for one minute.

**Fish:** class designed for those who can do front and back crawl for 60-75 feet each and float for three minutes.

**Flying Fish:** class designed for those who can do the front crawl, back crawl, and breast stroke for 50 yards each, and survival float for 6 minutes.

**Shark:** class designed for those who can do the 200 yard individual medley (50 yards each of the following; back stroke, butterfly, breast stroke and freestyle). The child must be able to swim 50 yards using the front crawl and be able to float for 10 minutes.