MARSHFIELD CLINIC HEALTH SYSTEM YMCA

YOUTH SWIM LESSONS

Build Skills. Gain Confidence. Stay Safe in the Water!



Next Session:
January 4-March 13, 2027

Registration Opens:
Y Member: December 7
Non-Member: December 14

Cost:
Y Member: $60
Non-Member: $100

PRE-SCHOOL SWIM LESSONS

Ages 3-5

Stage 1 (non-swimmer)

PIKE

Pike introduces children to the pool and helps them develop safe water habits in a fun and encouraging environment. Swimmers will focus on basic paddle stroke, kicking skills, blowing bubbles in the water, front and back floats, and water safety.

Stage 2 (beginner)

EEL

Eel is designed for children who are well-adjusted to the water. Eel swimmers will continue to build on the basics learned in Pike, such as kicking and progressive paddle stroke. They will also learn more about pool safety and develop their floating.

Stage 3 (intermediate)

RAY

Ray is intended to allow little swimmers a chance to begin developing endurance as well as improving stroke skills. Swimmers in Ray will be introduced to rhythmic breathing, front and back crawl, and rescue skills.

Stage 4 (advanced)

STARFISH

Starfish is an advanced level for those swimmers who are proficient in front crawl and are comfortable in deeper water. Children will build endurance and be introduced to more advanced strokes such as back crawl, elementary backstroke and treading water.

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SCHOOL AGE SWIM LESSONS

Ages 6-12

Stage 2 (non-swimmer/beginner)

POLLIWOG

Polliwog helps school-age children adjust to the water. Swimmers will learn front and back floating skills, paddle stroke on both front and back, personal safety and the use of floatation devices.

Stage 3 (beginner)

BLUEGILL

Swimmers continue to gain confidence in their abilities by practicing paddle stroke skills, floating and rotary breathing without the aid of floatation devices. Children will begin practicing front and back crawl skills and will be introduced to breaststroke and elementary backstroke.

Stage 4 (intermediate)

GUPPY

Swimmers in Guppy begin to refine their skills for breaststroke and elementary backstroke while continuing to develop their front and back crawl.

Stage 5 (advanced)

MINNOW

Swimmers in Minnow continue to work on improving their swimming stroke of front crawl, back crawl, breaststroke and elementary backstroke while increasing endurance and technique. Swimmers will be introduced to the butterfly and sidestroke in this level.

Stage 6 (advanced)

FISH/FLYING FISH

Fish/Flying Fish is an advanced level for swimmers to work on stroke refinement and endurance. They will also be introduced to open turns and flip turns with the advancement of butterfly.

A SCHEDULE WITH DAYS AND TIMES OF CLASSES WILL BE AVAILABLE ONLINE AT MFLDYMCA.ORG/AQUATICS