



AQUATICS CLASS DESCRIPTIONS

Green Bay Parks, Recreation & Forestry Department



Parent-Child (18 months to 3 years)

Adult accompanies the child in the water. Skills taught: enter & exit water safely, submerge face, explore buoyancy on front & back, change body position in water. This class does not teach child to be water safe, but is an intro to the water environment.

Tiny Tots (Ages 3 & 4)

Skills taught: water entry & exit, breath control, buoyancy on front & back; changing direction & position, treading water with support; swim on front & back with support, personal water safety.

Advanced Tiny Tots

A continuation of basic water motion skills. Students should only advance into this class on the recommendation of their instructor (may enroll in Level 2 when child turns 5 years old).

Children who are not toilet-trained are required to wear swim diapers OR diapers worn w/rubber pants. Removing diaper for swimming is not acceptable.

Level 1

No previous experience. Must be 5 years of age. Skills: safety skills, back & front float with kicking, face submerge. These students pass to Level 2.

Level 2

Student must have passed Level 1 skills. Skills: front & back glide with recovery, combined arm & leg action (front and back), safety skills.

Level 3

Student must have passed Level 2 skills. Skills: front crawl stroke 15 yards, elementary backstroke 15 yards, scissors kick 10 yards, treading water 30 seconds, water safety skills.

Level 4

Student must have passed Level 3 skills. Skills: front crawl 25 yards, elementary backstroke 25 yards, butterfly 15 yards, breaststroke 15 yards, back crawl 15 yards, sidestroke 15 yards, diving, safety skills.

Level 5

Student must have passed Level 4 skills. Skills: breaststroke 25 yards, sidestroke 25 yards, front crawl 50 yards, elementary backstroke 50 yards, back crawl 25 yards, butterfly 25 yards, flip turns, shallow diving, safety skills.

Level 6: Personal Water Safety

Student must have passed Level 5 skills. Skills: front crawl 100 yards, elementary backstroke 100 yards, back crawl 50 yards, breaststroke 50 yards, sidestroke 50 yards, butterfly 50 yards, open & flip turns. Tread water & "specialty skills." Level 6 is 1 hour in length. Specialty skills consist of Personal Water Safety.

Level 6: Fundamentals of Diving

Student must have passed Level 5 skills. Diving techniques, including approach (one & two-part take-offs) & form. Types of surface dives will also be taught.

Water Polo

This exciting Monday/Wednesday class meets for one hour each day beginning Session 3. Skill work, endurance & rules of the game (positioning, offensive moves, passing, eggbeater kicking & shooting) will be taught as participants learn how to play this growing sport! If you like to swim, are Level 4 swimmer & play competitive games, this is the program for you!

Adult Lessons

Move at your own pace in this class designed for ages 14 & over. Attention is given to individual skills. Small class size will maximize your learning experience. Class meets twice per week (4 dates for 1 hour). First session is **FREE!**

Adaptive Aquatics (City residents only)

Swim lessons for individuals with special needs, such as hearing & visual impairments, special physical needs & developmentally disabled. Colburn pool only.

YMCA Red Cross conversions:

Pike (3-6 yrs) = Tiny Tots	Eel (3-6 yrs) = Advanced Tiny Tots	Ray (3-6 yrs) = Level 2	Starfish (3-6 yrs) = Level 3
Polliwog (6+ yrs) = Level 1	Guppy = Level 2	Minnow = Level 3	
Fish & Flying Fish = Level 4	Skilled Flying Fish = Level 5	Shark = Level 6	