

Beaverton Family YMCA  
4925 SW Griffith Dr.  
Beaverton, OR 97005  
503-644-3900  
[WWW.YMCA-BEAVERTON.ORG](http://WWW.YMCA-BEAVERTON.ORG)

# YAQUATICS™

We build strong kids, strong families, strong communities.

## Swim Lesson Program

Beaverton Family YMCA offers a variety of swim lessons to meet every swimmer's needs from ages 6 months through adult. Please read through the descriptions below and find a program that works best for you. For class dates and times refer to the current schedule of classes. If you have any questions contact Maggie Cameron at 503-644-3900 Ext 123.

### Group Swim Lessons Level Descriptions

#### Parent/Child (*Ages 3 and under*)

##### Tiny Tots

These lessons are a great way to introduce children to the water in a fun and inviting environment. Both parent and instructor make the child comfortable in the water. The children will sing songs and play games to make the experience in the water positive and fun. Later more advanced swimming techniques are introduced to assist in the transition to group swim lessons. This class focuses on child confidence in the water as well as water adjustment including learning to blow bubbles, kicking legs on front and back, floating and beginning arm strokes.

#### Group Swim Lessons (*Ages 3-6*)

##### Pike

This level focuses on water exploration and comfort. Participants practice entering and exiting the pool on their own and being able to completely submerge their body underwater. Skills include assisted and unassisted floating, gliding with kick on front and back and jumping into the water with assistance.

##### Starfish

This level builds on the skills taught in Pike. Participants practice floating, gliding with kick on front and back and underwater exploration. Skills include front and back crawl, elementary backstroke and an introduction to breaststroke.

#### Youth Swim Lessons (*Ages 6 and up*)

##### Polliwog

This level focuses on water exploration and comfort for older children. Participants practice being able to completely submerge their body underwater, assisted and unassisted floating and gliding with kick on front and back. Skills include an introduction to front crawl and back crawl.

##### Guppy

This level builds on the skills taught in the Polliwog class. Participants practice the front and back crawl and underwater exploration. Skills include elementary backstroke and an introduction to breaststroke and sidestroke.

##### Minnow

This level builds on the skills taught in the Guppy class. Participants practice front crawl with side breathing, back crawl, breaststroke and sidestroke. Skills include continuous swimming and an introduction to butterfly.

##### Flying Fish

These lessons build on the skills taught in the Minnow class. Skills include continuous swimming for 500 yards, front crawl for 200 yards, back crawl for 100 yards, sidestroke for 100 yards, butterfly for 50 yards, underwater swimming and flip turns.

#### Adult Swim Lessons

Adult group swim lessons are available upon request. Three or more participants are required.

#### Private Swim Lessons (*Ages 3 years and up*)

Private lessons are available for both adults and youth. Lessons are scheduled based on instructor availability. Private lessons are great for swimmers with difficult schedules or who prefer one-on-one practice to improve their swimming technique and work on stroke mechanics.



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Beaverton Family YMCA is a branch of YMCA of Columbia-Willamette. The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all through love, respect, honesty, responsibility and service. For more information about the services the YMCA of the Columbia-Willamette offer visit [WWW.YMCA-PORTLAND.ORG](http://WWW.YMCA-PORTLAND.ORG).

**YOU ARE WHAT YOU DO**