

Beaverton Family YMCA
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Beaverton, OR 97005
503-644-3900
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 Melissa Augustine at 503-644-3900.

Group Swim Lessons Level Descriptions

Tiny Tots (Age: 6 months to 3 years).

This is a fun class for parent and child to participate in together. Learn water adjustment through song, games, and play.

Pike (Age: 3 – 5 years.)

Student should be comfortable in the water. Can move toward a target and will put face in the water. Student will learn to float on front and back, and learn the front and back glide.

Eel (Age: 3 – 5 years.)

Student must have the ability to float on front and back without assistance for 10 seconds. Glide on front and back for 3 yards without assistance. Front crawl with out side breathing and back crawl are introduced.

Ray (Age: 3 – 5 years.)

Student must be able to swim front crawl without side breathing and back crawl without assistance for 15 yards. Kids will work up to swimming the length of the pool. Elementary backstroke, breaststroke and sidestroke are introduced.

Starfish (Age: 3 – 5 years.)

Student must be able to swim front crawl with side breathing and back crawl for 25 yards. Students will continue their work on elementary backstroke, breaststroke and sidestroke.

Polliwog (Beginning Level: For age 6 and older.)

Beginning level, no previous swimming experience needed. Student should be comfortable in the water. Can move toward a target and will put face in the water. Student will learn to float on front and back and learn the front and back glide. Front crawl with out side breathing and back crawl are introduced.

Guppy (Age: 6 years and older.)

Student must be able to swim front crawl without side breathing and back crawl without assistance for 15 yards. Elementary backstroke, breaststroke and sidestroke are introduced.

Minnow (First level for graduated Starfish: For age 6 years and older)

Student must be able to swim front crawl with side breathing, and back crawl for 25 yards. Students will continue working on elementary backstroke, breaststroke and sidestroke. Kids will work up to swimming multiple lengths of the pool.

Fish (Age: 6 years and older.)

Student must be able to swim 50 yards of front crawl with side breathing, back crawl in good form and elementary backstroke. Also required are 25 yards of breaststroke and sidestroke. Butterfly stroke is introduced.

Flying Fish (Age: 6 years and older.)

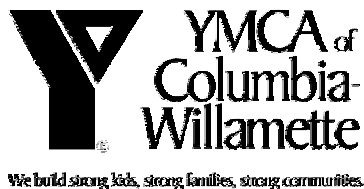
Students must swim laps of front crawl, back crawl, breaststroke, sidestroke and elementary backstroke with good form. This class is used to perfect the previously learned strokes.

Shark (Age: 6 years and older.)

Students must swim 100 yards using all four basic strokes in good form. Endurance and lifesaving skills are emphasized in this class.

Adult Swim Lessons

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



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.