

The YMCA: America's Favorite Swim Instructor

For over 100 years, the YMCA staff and volunteers have been leaders in the field of aquatics. The YMCA brings you the same lasting quality in swim instruction. Fun and enthusiastic teachers provide a comfortable atmosphere for students while building self-confidence, self-discipline, fitness concepts, and introducing personal safety, strength development, water sports and games.

The YMCA brings quality and joy to your life...Join us this season in a Shasta Family YMCA Aquatics Program.

Shrimp

Ages 6 months to 3 years

A water enrichment program for children accompanied by their parent(s) or other trusted adult. This class helps build self-confidence, parent-child relations and interactions, and leads to a life-long enjoyment of the water. The Shrimp class creates a fun and supportive environment for learning and sharing special moments with your child.

Seahorse

Ages 16months to 4 years

This class is for toddlers and preschoolers who love the water but still need a parent to be in the water with them, and is designed to instill confidence in the aquatic environment. The child will gain an understanding of pool rules, safety and partake in aquatic games. Children learn and become accustomed to submerging in water; bubble blowing; mobility; comfort, and fun.



Starfish

Ages 2 ½ to 5 years

This class instills confidence in the aquatic environment without direct parent contact. The child will gain an understanding of pool rules, safety and partake in aquatic games. Children learn and become accustomed to submerging in water; bubble blowing; mobility; comfort, and fun.

Tadpole

Ages 3 to 7 years

This class focuses on comfort in water without direct parent contact. It deals with personal safety skills, confidence in water, floating on front and back, gliding on front and back, and introduces rhythmic breathing. Again the main focus of this class is comfort and confidence in and around the water.



Polliwog

Ages 5 to 10 years

During the Polliwog class, the instructor takes a larger focus on mobility in the water, including rhythmic breathing. Children review the basics of floating, are introduced to the paddle stroke and to proper kicking on front & back, as well as comfort in deeper water, personal safety, survival skills and games

All non-potty trained children must be in swim diapers.

Guppy

Ages 5 to 12 years

This class spends much time enhancing the children's ability to swim. The main focus is on developing the front crawl and rotary breathing, introduction to back crawl and underwater swimming, as well as dealing with personal safety, rescue skills and game



Minnow

Ages 5 to 12 years

In this class children learn refinements of the front crawl and are introduced to more advanced strokes such as the back crawl, breaststroke and elementary backstroke. They also learn rescue skills and personal safety issues.

Fish

Ages 8 to 14 years

This class is the most advanced that this YMCA offers. For the duration of this class, children learn refinements to the breaststroke, an introduction to the butterfly, racing turns, and of course personal safety and rescue skills.

