

# Porpoise Club



**Y SWIM LESSONS**  
We build strong kids, strong families, strong communities.



## PORPOISE-

Advanced level instruction for lifeguard training preparation,

endurance, and competitive stroke techniques. Introduction to synchronized swimming and water polo maneuvers. Participants will also develop leadership skills by serving as instructor aides. **Must have completed "Shark" to register for this class.** \*\*The Porpoise Club may meet outside of class to participate in other aquatic ventures.

# Information

### Each Class:

- Has a qualified and trained YSL instructor
- Is for children and adults of all ages and skill levels
- Is 30 minutes long
- Is held at the YMCA POOL

### Each Session:

- Promotes stroke development, personal safety, and rescue skills
- Is customized to fit your special needs and requests

### Be Sure To:

- Bring towels
- Shower before entering our pool to help keep it clean
- Bring your ENTHUSIASM to learn!!

## Group Swim Lessons Youth & Adult



**Decatur County  
Family YMCA**

### TO REGISTER FOR CLASSES:

[www.decaturcountyfamilymca.org](http://www.decaturcountyfamilymca.org)

OR See the FRONT DESK

1301 Kathy's Way  
Greensburg, IN 47240  
812.663.9622

[www.decaturcountyfamilymca.org](http://www.decaturcountyfamilymca.org)

# YMCA Youth & Adult Group Swim Lessons

## YMCA Swimming Philosophy

There is a reason why the YMCA is referred to as **America's Favorite Swim Instructor**. In YMCA Swim Lessons (YSL), not only are you taught how to swim, but you also learn about yourself, safety, rescue skills, and about various water activities that can be enjoyed an entire lifetime. Throughout all levels, **students work on appropriate stroke development, personal growth skills, rescue skills, water sports and games, and personal safety skills.**

Instruction is caring and personalized. A variety of classes and levels are available to meet your family's needs. Classes may be offered in the mornings, after school hours, and even on weekends. See the front desk or visit us online to see the latest schedule.

Instructor to participant ratios are generally low to promote safety and encourage skill development. Generally speaking, **a class needs at least 4 children** in order to hold the class so be sure to invite your friends.

**YSL is a PROGRESSIVE program.** This means that every level in the program is a building block with vital skills and development requirements for the next level. The YMCA want your children to progress and mature at their own rate so they may stay in a certain level as long as it takes to develop the required skills. **Swimming is a lifelong pleasure that takes time, patience, and practice to develop.**

## Levels/Classes



### POLLIWOGS-

This level is for the beginning swimmers. Students will learn

basic water adjustment as well as paddle stroke on their front, back and side while wearing an instructional flotation device.

### GUPPIES-

Students will learn the side, back, and front paddle stroke using alternating arm movement using rhythmic breathing for 25 yards. Students will swim varying distances while wearing an instructional flotation device as well as without. **Must have completed "Polliwogs" to register for this class.**



### MINNOWS-

This level introduces swimmers to paddle stroke with rotary

breathing as well as refining the back paddle stroke. New strokes such as sidestroke, elementary backstroke and breaststroke will be introduced. **Must have completed "Guppies" to register for this class.**

## Levels/Classes



### FISH-

Students will refine the following strokes for a distance of 50 meters: crawl stroke,

backstroke, breaststroke, elementary backstroke and sidestroke. The butterfly stroke will be introduced at the "Fish" level. **Must have completed "Minnows" to register for this class.**

### FLYING FISH-

Students will refine the crawl stroke, backstroke, breaststroke, elementary backstroke and sidestroke for 100 meters. The butterfly will be swum for 50 meters and the Lifesaving Medley will be introduced. **Must have completed "Fish" to register for this class.**



### SHARK-

The "Shark" level is excellent preparation for Lifeguarding.

Students will refine all strokes for 100 meters. Students will be introduced to the inverted breaststroke, over-arm sidestroke, trudgeon crawl and the individual medley. **Must have completed "Flying Fish" to register for this class.**