



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHILDREN ARE 65% WATER & 100% CURIOUS



WINTER 2019 SWIM LESSONS INDIANOLA YMCA

Monday and Wednesday Nights

- 4 weeks – 2 days/week = 8 lessons
- Preschool – 5:30 pm to 6:00 pm
- School age – 6:15 pm to 7:00 pm
- Fee: \$60/members | \$120/non-members

Saturday Mornings

- 4 weeks – 1 day/week = 4 lessons
- Preschool – 9:45am-10:15am
- School age – 10:30am-11:15am
- Fee: \$30/members | \$60/non-members

Dates

- Winter 1 (4 weeks): January 5-February 2
No lessons Sat Jan 12 due to swim meet
- Winter 2 (4 weeks): February 11-March 9

Waterbabies

- 4 weeks – 1 day/week = 4 lessons
- Tuesday – 6:30 pm to 7:00 pm
- Saturday – 9:00am-9:30am
- Winter 1: Jan 8 - Feb 2
- Winter 2: Feb 12 - March 9
- Fee: \$10/members | \$20/non-members

Private Lessons

- 4 lessons– 30 min. per lesson
- Scheduled upon request and availability
- Request forms are located at the front desk
- Fee: \$100/members | \$200/non-members

Helping kids be confident and
competent in and around the water



More Info

- Registration opens October 29th, 5 a.m. for members | Nov. 16th, 5 a.m. for non-members
- Register at dmyymca.org/register or by calling 515-777-7746 or by visiting the YMCA Welcome Center
- Make-ups will only be scheduled due to YMCA cancellation.

Financial Assistance

The YMCA of Greater Des Moines programs and activities are designed to benefit people from all backgrounds and fees are based on the cost of providing each program. While participants are expected to pay their share, we believe cost should never be a barrier that keeps kids from learning how to swim. The Y will assist any individual/family who wants to participate but cannot afford the fee.



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Indianola Swim Lesson Level Questionnaire

Please use this questionnaire to help determine what level you should choose for your child.

Not sure which level to enroll in? It is better to enroll in a lower level. Swimmers often repeat levels before progressing; we want to ensure your child is ready, and children transition better moving up rather than down

Preschool Lessons Ages 3 – 5 (1:4 ratio)

Pike – Level 1

Is your child comfortable in the water?
Will your child put their face in the water?
Will your child swim unassisted without a floatation device?
No to any questions – enroll in Pike
Yes to all questions – move to Eel

Eel – Level 2

Can your child jump into the pool without assistance?
Can your child front float without assistance?
Can your child back float without assistance?
Will your child swim unassisted for 5 feet?
No to any questions – enroll in Eel
Yes to all questions – move to Ray

Ray– Level 3*

Can your child do a back float by themselves for 30–45 seconds?
Can your child do a kneeling dive correctly?
Can your child swim the front crawl without assistance for 15 feet?
No to any questions – enroll in Ray
Yes to all questions – move to Starfish

Starfish– Level 4*

Can your child swim the front crawl with side breathing?
Can your child do back crawl for 15 yards?
Is your child comfortable in the deep end?
Can your child tread water for 45 seconds?
No to any questions – enroll in starfish
Yes to all questions – move to Guppy

School Age Lessons Ages 6 – 12 (1:6 ratio)

Polliwog – Level 1

Can your child front float on their own?
Can your child back float on their own?
Can your child swim unassisted for 15–20 yards?
No to any questions – enroll in Polliwog
Yes to all questions – move to Guppy

Guppy – Level 2

Can your child swim the front crawl with rotary breathing for 25 yards? (One length of the pool)
Can your child swim the back crawl for 25 yards?
Is your child comfortable in deep water?
Can your child swim rudimentary breaststroke?
No to any questions – enroll in Guppy
Yes to all questions – move to Minnow

Minnow – Level 3*

Can your child swim the breaststroke for 25 yards?
Can your child swim the sidestroke for 25 yards?
Can your child tread water for at least 1 minute?
No to any questions – enroll in Minnow
Yes to all questions – move to Fish

Fish – Level 4*

Can your child swim the following strokes for 50 yards?
Front Crawl – Breaststroke – Elementary Backstroke –
Backstroke – Side stroke
Can your child swim the butterfly stroke?
Can your child tread water for over 2 minutes?
No to any questions – enroll in Fish
Yes to all questions – Please see our swim team flyer!

*Most Ray and Starfish classes are taught as combined classes. Instructors will determine the correct level on the first day of class.

*Most Minnow and Fish classes are taught as combined classes. Instructors will determine the correct level on the first day of class.

Questions? Contact our Aquatics Director, Samantha Howes, at samantha.howes@dmymca.org or visit our website at dmymca.org