

Our Swim Lesson Class Names have Changed!

Has your child previously participated in our swim lesson program? To help you determine the best class for your child, please use the reference guide below.

Parent and Me —————> **Swim Starters** (ages 6 mos -2yrs) **Water Discovery / Exploration**

Pike —————> **Swim Basics** (ages 3-5) **Level 1. Water Acclimation**

Eel —————> **Swim Basics** (ages 3-5) **Level 2. Water Movement**

Ray —————> **Swim Basics** (ages 3-5) **Level 3. Water Stamina**

Polliwog —————> **Swim Basics** (ages 6-12) **Level 3. Water Stamina**

Guppy —————> **Swim Strokes** (ages 6-12) **Level 4. Stroke Introduction**

Minnow —————> **Swim Strokes** (ages 6-12) **Level 5. Stroke Development**

Fish —————> **Swim Strokes** (ages 6-12) **Level 6. Stroke Mechanics**

For help deciding which class is best for your child or if you have any questions please contact Britney Gallagher, Aquatics Manager for Swim Lessons & Aqua Fitness at b.gallagher@prymca.org.