



# NEW SWIM LESSONS AT THE CHAMBERSBURG YMCA

## Swim Lesson Conversion Chart

### Parent/Child & Preschool

| CURRENT LEVEL NAMES        | NEW LEVEL NAMES         |
|----------------------------|-------------------------|
| AQUA TOTS                  | A: WATER DISCOVERY      |
| INTRO TO SKIPPERS          | B: WATER EXPLORATION    |
| BEGINNING SKIPPERS PIKE    | P1: WATER ACCLIMATION   |
| BEGINNING SKIPPERS EEL     | P2: WATER MOVEMENT      |
| ADVANCED SKIPPERS RAY      | P3: WATER STAMINA       |
| ADVANCED SKIPPERS STARFISH | P4: STROKE INTRODUCTION |

### YOUTH

| CURRENT LEVEL NAMES | NEW LEVEL NAMES         |
|---------------------|-------------------------|
| POLLIWOG            | Y1: WATER ACCLIMATION   |
| GUPPY               | Y2: WATER MOVEMENT      |
| MINNOW              | Y3: WATER STAMINA       |
| FISH                | Y4: STROKE INTRODUCTION |
| FLYING FISH         | Y5: STROKE DEVELOPMENT  |
| SHARK               | Y6: STROKE MECHANICS    |