



YMCA Swim Lesson Comparison Chart

School Age (5-12 years old)

OLD NAME	NEW NAME
Polliwog	Stage 1: Water Acclimation
Advanced Polliwog	Stage 2: Water Movement
Guppy	Stage 3: Water Stamina
Minnow	Stage 4: Stroke Introduction
Fish	Stage 5: Stroke Development
Flying Fish	Stage 6: Stroke Mechanics
Shark	Shark
Jr. Barracudas	Jr. Barracudas