

# Swim Lessons



All skills are performed with support from the instructor, level is successfully passed when participant has mastered each skill independently. All classes are 30 min.

## Please Remember

- If your child has special needs, please let us know upon registration.
- No make-ups or refunds are allowed for missed class times.
- For safety purposes, parents are required to stay during classes and remain in the pool area.
- Class ratio is approximate and subject to change.

## Starfish

**6 mo - 3 yrs, Ratio 10:1**  
(Parent participation)

Emphasis on relaxing and having fun in and around the water.

- Exploration of Entry & Exit
- Parent Holds/Positions
- Blowing Bubbles
- Bobbing
- Front & Back Float
- Basic Arm & Kicking
- Turning Over
- Underwater Exploration
- Safety Skills

## Guppy

**Ages 3-5 yrs, Ratio 4:1**

- Entering and exiting pool independently
- Blowing bubbles
- Submerge 3 seconds
- Front floats w/ assistance
- Back Floats w/ assistance
- Basic arm movement on front
- Kicks on front w/ assistance
- Kicks on back w/ assistance
- Rolling from front to back w/ assistance

## Jellyfish

**Ages 4-6 yrs, Ratio 5:1**

- Front floats independently
- Back floats independently
- Glides on front 4 yd.
- Glides on back 4 yd.
- Swim on front w/ face submerged for 4 yd.
- Streamline kicks on front 4 yd.
- Streamline kicks on back 4 yd.
- Rolling from front to back independently

## Clownfish

**Ages 5+ yrs, Ratio 5:1**

- Streamline kicks on front 7 yd.
- Streamline kicks on back 7 yd.
- Roll breathing w/ equipment 7 yd.
- Whip kicks 7 yd.
- Elementary backstroke 7 yd.
- Backstroke 7 yd.

## Turtle

**Ages 5+, Ratio 6:1**

- Streamline kicks on front 10 yd.
- Streamline kicks on back 10 yd.
- Freestyle w/ rotary breathing 10 yd.
- Backstroke 10 yd.
- Elementary backstroke 10 yd.
- Breaststroke 7 yd.
- Dolphin kicks 3 yd.
- Butterfly arms w/o kick

## Dolphin

**Ages 6+, Ratio 6:1**

- Freestyle w/ rotary breathing 17 yd.
- Backstroke 17 yd.
- Breaststroke 17 yd.
- Elementary backstroke 17 yd.
- Butterfly 7 yd.

## Shark

**Ages 6+, Ratio 8:1**

- Freestyle with rotary breathing 25 yd.
- Backstroke 50 yd.
- Breaststroke 25 yd.
- Butterfly 15 yd.
- Open turns
- Flip turns

