

Tadpoles: Ages 6 months - 2 years old

Parent and Child Level 1- Objectives: Introduce children to swimming & water safety. Parents are taught how to properly support and guard their children in an aquatic environment.

All skills are done with parental support. The lessons explore the pool (inside & out). Getting wet by kicking & blowing bubbles while using toys. Mouth, nose, & eye submersion.

Polliwogs: Ages 2 years old - 4 years old

Parent and Child Level 2- Objectives: Explore basic water skills and safety. Transitions to independence from parents.

Skills: Kids learn to explore the shallow pool water & swim without a parent. Practice includes opening eyes under water, grabbing submerged objects, floating, leg and arm action.

Minnows: Ages 2 years old - 4 years old

Child Level 2- Objectives: Build on skills learned in Polliwogs by providing additional guided practice at slightly more proficient levels and greater distances.

Skills: All skills are performed independently. Practice includes opening eyes under water, grabbing submerged objects, floating, leg and arm action. Basic water safety is also practiced.

Level 1: Ages 5 & up

Introduction to Water Skills- Objectives: Learn Personal water safety skills, feel comfortable in the water and enjoy water safely.

Exit Skills: Enter the water independently. Swim at least 5 yards, bob 3 times. Glide on front at least 2 body lengths, roll to a back float for 3 seconds & recover to a vertical position.

Level 2: Ages 5 & up

Fundamental Aquatic Skills- Objectives: Further develop arm and leg action, lay foundation for future strokes.

Exit Skills: Enter the water independently. Swim at least 5 yards, bob 3 times. Glide on front at least 2 body lengths, roll to a back float for 3 seconds.

Level 3: Ages 6 & up

Stroke Improvements- Objectives: Improve skills and increase endurance. Learn sidestroke, breaststroke and explore butterfly stroke.

Exit Skills: Improve skills & increase endurance. Learn sidestroke, breaststroke & explore butterfly stroke. Glide on front at least 2 body lengths, roll to a back float for 3 seconds. Glide on front at least 2 body lengths, roll to a back float for 3 seconds & recover to a vertical position.

Level 4: Ages 6 & up

Stroke Improvements- Objectives: Improve skills and increase endurance. Learn sidestroke, breaststroke and explore butterfly stroke

Exit Skills: Jump into deep water, swim front crawl 25 yards, open turn, swim backstroke 25 yards. Perform breaststroke for 15 yards, perform open turn, swim back crawl for 15 yards.

Level 5: Ages 6 & up

Stroke Refinement- Objectives: Refine performance of all strokes, increases distances, introduce flip turns.

Exit Skills: 1. Refine performance of all strokes, increases distances, introduce flip turns. 2. Perform breaststroke for 15 yards, perform open turn, swim back crawl for 15 yards.