



MOMMY & ME Ages: 6 mos – 3 years (water diapers)

- Instructional Songs
- Breath Control: Blow Bubbles
- Kicking with Kickboard
- Begin Float on Back & Front
- Jumps from Side
- Pass of Glide
- Parent Instructional Tips
- Parent/Child Separation



TINY TOT Ages 2-3yrs, not yet comfortable in water (water diapers required for tots in diapers)

- Instructional Songs
- Breath Control: Blow Bubbles
- Face in Water
- Begin Dives for Rings
- Kicking with Kickboard
- Begin Bobbing
- Begin Float on Back and Front
- Jumps from Side
- Begin Basic Arm Action



SUPERTOT Ages 3-4 years, comfortable in water

- NO SONGS!**
- Breath Control: Blow Bubbles, Bobbing
- Jumps from Wall
- Kicking with Kickboard, on Wall
- Float on Front and Back
- Dive for Rings
- Glides to Instructor
- Beginning Arm Action
- Glides with Kicks



JELLYFISH - L1 Ages 5-8 years, Basic Skills Taught

- Kick with Kickboard
- Breath Control: Head Under Blowing Bubbles
- Jumps from Side
- Float on Front and Back
- Alternating Arm Action
- Glide Front and Back with Kick
- Bobbing
- Elementary Backstroke Arm Action
- Dive for Rings in 3 Feet



SEAHORSE – L2 Ages 7-9 years, will be swimming the whole width of the pool w/out touching the bottom (shallow end); class is often repeated several times.

- Deep Water Bobbing: 5 Feet
- Glide & Recovery on Front & Back
- Freestyle 10 Yards
- Backstroke 10 Yards
- Elementary Backstroke 10 Yards
- Begin Rhythmic Breathing
- Deep Water Dive for Rings

LEVEL Check list – Office staff does not know your child well enough to assist with placement. Please use this checklist to assist you in determining the best class for your swimmer. The ages are only approximate. A certificate of completion of one class may still mean a swimmer should repeat that class if he or she hasn't been in the water since last summer.



GOLDFISH - L3 Ages 8-11 years, knows strokes and is nearly ready to swim the length of the pool w/out stopping at the side, may repeat class 2 or 3 times.

- Freestyle 25 Yards
- Backstroke 25 Yards
- Elementary Backstroke 25 Yards
- Begin Breaststroke
- Rhythmic Breathing
- Begin Diving
- Begin Jumping Off Low Board
- Submerged Swim 10 Yards
- Begin Treading Water



SWORDFISH – L4 Ages 9-13+ yrs. Will be Swimming 4 lengths of the pool.

- Freestyle 100 Yards
- Backstroke 100 Yards
- Elementary Backstroke 100 Yd
- Breaststroke 50 Yards
- Rhythmic Breathing 3 Strokes
- Dive From Low Board
- Dive to Bottom at 7-10 Ft
- Tread Water for 1 Minute
- (All Flutter Swims w/ Boards and Possibly with Flippers)



DOLPHIN – L5 Ages 9-13+ yrs. Emphasis on Technique

- Freestyle 100 Yards
- Backstroke 100 Yards
- Breaststroke 100 Yards
- Dive to Bottom at 15 Feet
- Jump from High Diving Board
- Spring Dive on Low Board
- Begin Water Safety Skills
- Survival Stroke
- Stroke Development: Refined Technique
- Begin Dolphin Kick



SHARK – L6 Ages 11-15+ Emphasis on Competition

- Stroke Refinement
- Timed Improvement in:
 - o 100 Yd Freestyle
 - o 100 Yd Backstroke
 - o 100 Yd Breaststroke
- Starting Block Dive
- Tread Water for 5 Minutes
- Egg-Beater Tread
- Flip Turns/Competition Swim
- Breath Control: Under Water 25 Yards