

# Swim Lesson Descriptions

## Parent/ Tot Program



### Cuttle Fish

Ages: 6 mos - 35 mos

Prerequisites: Parent Participation required

- Exploring the pool with parent, holding positions
- Out of water and in water exploration
- Blowing Bubbles on surface
- Submerged mouth, nose, eyes
- Underwater explorations
- Leg Actions (Kicks)
- Front Float and Back Float w/ Support
- Arm Movement from position, combined with kicking

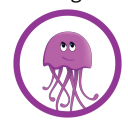
## Preschool Levels: Ages 3-5



### Clown Fish

Level 1: Prerequisites: No swimming skill required. Student must be able to take direction

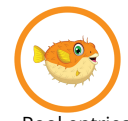
- Exploring the pool in shallow water
- Blowing bubbles on surface
- Submerging mouth, nose, and eyes
- Combining bubbles with submerged mouth, nose and eyes
- Underwater exploration with eyes open
- Bobs (10X)
- Front float with support
- Back float with support
- Front glide
- Kicking on front with support
- Back glide



### Jelly Fish

Level 2: Prerequisites: Clown Fish skills and able to take direction

- Pool entries (seated, slide in)
- Blow bubbles through mouth and nose
- Fully submerged bobs with controlled bubbles
- Open eyes underwater and retrieve submerged objects
- Front float with support and unsupported
- Back float with support and unsupported
- Roll from front float to back float with support
- Front glide with flutter kick
- Back glide with flutter kick-arms at side
- Combined arm and leg action on front crawl
- Combined arm and leg action on back crawl
- Freestyle and recover to vertical position
- Introduction to finning
- Basic water safety rules



### Balloon Fish

Level 3: Prerequisites: Jelly Fish

- Pool entries (slide in, jump in, sit dive assisted)
- Rhythmic bobbing with controlled breath (10X)
- Fully submerged and retrieve objects from bottom of pool
- Front float without support
- Back float without support
- Front glide with kick, streamline body
- Back glide with kick
- Freestyle arms with flutter kick (5 yds)
- Back stroke arms with flutter kick (5 yds)
- Introduction to side breathing
- Float face up in shallow water with lifejacket on 1 minute



### Flying Fish

Level 4: Prerequisites: Balloon Fish

- Unassisted sit dive
- Freestyle with side breathing and flutter kicks (15 yds)
- Back stroke (15 yds)
- Elementary back stroke (15 yds)
- Introduction to breast stroke arms
- Introduction to breast stroke kicks
- Introduction to scissor kicks and sidestroke
- Introduction to butterfly kick
- Jump into deep water
- Compact dive in deep water from side of pool
- Kneeling dive in deep water from side of pool
- Tread water in deep water with arm and leg actions



### Tang Fish

Level 4: Prerequisites: Flying Fish

- Unassisted pool entries (jump in deep water from side of pool, sitting dive, kneeling dive, compact dive)
- Freestyle with flutter kick (20 yds)
- Backstroke with flutter kick (20 yds)
- Elementary Backstroke (20 yds)
- Breaststroke (15 yds)
- Sidestroke with scissor kick (5 yds)
- Push off in streamline position then flutter kick for 2 body lengths
- Push off in streamline position on back then kick on back for 2 body lengths
- Push off in streamline position then begin dolphin kick for 2 body lengths
- Introduce Butterfly arms
- Butterfly kick and body motion (5 yds)
- Tread water for 30-60 seconds with arm and leg action
- Feet first surface dive in 5 ft
- Survival Float on back (30 secs)

## Elementary Levels: Ages 6-12

### Sea Turtle



Level 1: Prerequisites: No swimming skill required. Student must be able to take direction

- Demonstrate safe pool entry and exit (slide in, steps, ladder)
- Submerge head and exhale underwater through mouth and nose
- Open eyes underwater
- Pick up submerged objects underwater
- Bobs with controlled exhales
- Front float (supported and unsupported)
- Back float (supported and unsupported)
- Front float for 3 seconds, roll to back and back float for 3 seconds
- Front glide with flutter kick
- Back glide with flutter kick
- Roll over from front glide to back glide
- Roll over from back glide to front glide
- Freestyle with arms and legs actions (5 yds)
- Back stroke with arm and leg actions (5 yds)
- Discuss basic water safety rules
- Demonstrate proper use of a lifejacket



### Sting Ray

Level 2: Prerequisites: Sea Turtle skills

- Pool entry (jump in, compact dive assisted in deep water)
- Rhythmic bobs (10X)
- Retrieve objects from bottom of pool (shallow water)
- Freestyle with side breathing (10 yds)
- Back stroke (10 yds)
- Elementary backstroke
- Sidestroke
- Breaststroke pulls
- Breaststroke kicks
- Sculling arm action
- Finning arm action
- Treading water with arm and leg action



### Seal

Level 3: Prerequisites: Sting Ray

- Push off in streamline position then begin flutter kick
- Push off in streamline position on back then begin kicking
- Push off in streamline position then begin dolphin kick
- Freestyle with side breathing (15 yds)
- Back stroke with flutter kicks (15 yds)
- Breaststroke (15 yds)
- Butterfly kick and body motion (5yds)
- Introduction to butterfly arms
- Egg beater kicks and arm sculling
- Tread water with arm and kick action (30 seconds -1 minute)
- Survival float on back (30 seconds in deep water)



### Dolphin

Level 4: Prerequisites: Seal

- Freestyle with side breathing and flutter kicks (25 yds)
- Back stroke with flutter kicks (25 yds)
- Breaststroke (25 yds)
- Elementary Back stroke (25 yds)
- Butterfly (15 yds)
- Tread water with egg beater kicks (1 minute)
- Swim underwater (3 body lengths)
- Open turn on front and swim 2 body lengths
- Open turn on back and swim 2 body lengths



### Orca

Level 5: Prerequisites: Dolphin

- Freestyle with side breathing (50 yds)
- Back stroke (25 yds)
- Elementary Back stroke (25 yds)
- Breaststroke (25 yds)
- Butterfly (25 yds)
- Tread water (2 minutes)
- Flip turn on front and swim 2 body lengths
- Flip turn on back and swim 2 body lengths in 1 continuous motion
- Sidestroke (25 yds)
- Dive in deep water from stride position (racing dive)



### Great White

Level 6: Prerequisites: Orca

- Freestyle with side breathing (1 breath every 3rd stroke) with flip turns (100 yds)
- Back stroke with flip turns (100 yds)
- Elementary backstroke (50 yds)
- Breaststroke pull down
- Breaststroke with two hand touch turns (50 yds)
- Butterfly, breathing every other stroke, with two hand touch turns (100 yds)
- Tread water with legs only, no hands (50 yds)
- Tread water with arms (3 minutes)
- Sidestroke (50 yds)