**Parent/Tot Program**

**Cuttle Fish A**
Ages: 6 mos - 17 mos
Prerequisites: Parent participation required

**Skills Checklist:** Toddler skills.
- Enter water in seated position, roll over from seated position, slide in
- Jump in from side
- Bobbing
- Underwater exploration (eyes open)
- Retrieving objects below the water surface
- Kick up to surface
- Front glide to parent and from parent to wall
- Passing with kicks from instructor to parent to wall
- Front glide, drifting with breathing
- Changing positions, vertical to front and front to side
- Arm movement on back, finning combined with kicking
- Exit independently at side of pool or using ladder or stairs

**Cuttle Fish B**
Ages: 6 mos - 35 mos
Prerequisites: Parent participation required

**Skills Checklist:** Toddler skills.
- Enter water in seated position, roll over from seated position, slide in
- Jump in from side
- Bobbing
- Underwater exploration (eyes open)
- Retrieving objects below the water surface
- Kick up to surface
- Front glide to parent and from parent to wall
- Passing with kicks from instructor to parent to wall
- Front glide, drifting with breathing
- Changing positions, vertical to front and front to side
- Arm movement on back, finning combined with kicking
- Exit independently at side of pool or using ladder or stairs

**Preschool Program**
Ages 3-5

**Clown Fish**
Level 1
Prerequisites: No swimming skills required. Parent participation optional. Student must be able to take direction from instructor.

**Skills Checklist:**
- 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 from front with support
- Back glide
- Kicking on back with support
- Front and back recovery to vertical position
- Back glide and recovery to vertical position
- Alternating arm movements on front
- Basic water safety rules
- Wear a life jacket on deck and enter shallow water

**Flying Fish**
Level 4
Prerequisites: Balloon Fish skills

**Skills Checklist:**
- Unassisted air 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
- Treading water in deep water with arm and leg actions
- Basic water safety rules
- Jump into deep water with life jacket on
- Demonstrate H.E.L.P. position (1 minute)
- Demonstrate Huddle position (1 minute)

**Jelly Fish**
Level 2
Prerequisites: Clown fish skills and able to take direction from the instructor.

**Skills Checklist:**
- Pool entries (seated, slide in)
- Blow bubbles through mouth and nose
- Fully submerged bobs with controlled breathing
- Open eyes underwater and retrieve submerged objects
- Front glide 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 recovery to vertical position
- Introduction to finning
- Basic water safety rules
- Lifesave float

**Sea Turtle**
Level 1
Prerequisites: No swimming skills required

**Skills Checklist:**
- 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 to 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 life jacket

**Seal**
Level 3
Prerequisites: Sting Ray skills (or Flying Fish skills mastered)

**Skills Checklist:**
- 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 (back on 30 sec)
- Rules for safe diving

**Tang Fish**
Level 5
Prerequisites: Flying Fish skills

**Skills Checklist:**
- 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 (back on 30 sec)
- Rules for safe diving

**Youth Program**
Ages 6-12

**Sea Turtle**
Level 1
Prerequisites: No swimming skills required

**Skills Checklist:**
- 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 to 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 life jacket

**Orca**
Level 5
Prerequisites: Dolphin skills

**Skills Checklist:**
- Freestyle with side breathing and flutter kicks (25 yds)
- Back stroke with flutter kicks (25 yds)
- Breaststroke (25 yds)
- Elementary Backstroke (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
- Swim on side with scissor kicks (15 yds)
- Dive in deep water from side position (race dive)
- Feet first surface dive in deep water

**Dolphin**
Level 4
Prerequisites: Seal skills

**Skills Checklist:**
- Freestyle with side breathing and flutter kicks (25 yds)
- Back stroke with flutter kicks (25 yds)
- Breaststroke (25 yds)
- Elementary Backstroke (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
- Swim on side with scissor kicks (15 yds)
- Dive in deep water from side position (race dive)
- Feet first surface dive in deep water

**Sting Ray**
Level 2
Prerequisites: Sea turtle skills and comfortable in the water

**Skills Checklist:**
- 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
- Breaststroke kicks
- Sculling arm action
- Finning arm action
- Treading water with arm and leg action
- Introduction to egg beater kicks
- Swim continuously 500 yards with arm and leg actions

**Whitefish**
Level 6
Prerequisites: Orca skills

**Skills Checklist:**
- 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 (50 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 side position (race dive)
- Race start with streamline
- Tuck surface dive and pike surface dive

**Great White**
Level 6
Prerequisites: Orca skills

**Skills Checklist:**
- 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 (50 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 side position (race dive)
- Race start with streamline
- Tuck surface dive and pike surface dive

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