

Guppy (3-5)

Course Overview



**Water safety and
drowning prevention for
3 - 5 year olds**

Level 1:

No entry skill requirements

Introduces young children to independent swim lessons. Emphasis on working through separation anxiety, water adjustment, learning the rules of swim lessons and basic breath control.

Level 2:

Entry skill requirements: Safe/reliable at holding the wall during lessons, comfortable putting face in the water, blowing bubbles and laying in a back float position.

Teaches basic water survival and self-rescue skills to young children. Emphasis on independent movement through the water, independent floating and intermediate breath control.

Level 3:

Entry skill requirements: Must pass exit skills assessment from level 2- Jump into deep water, recover to back float position, then float or swim to the wall and climb out independently

Lays technical foundation for basic stroke techniques. Emphasis on head/hip alignment and propulsive kick technique.

Level 4:

By instructor recommendation only

Builds confidence and independence in basic stroke techniques for very strong young swimmers. Emphasis on head/hip alignment and simultaneous arm/leg action.