

Swim Lesson Descriptions

Parent and Tot: Ages 6 months to 3 Years. Parent and child are together in the water. You will be learning how to work with your child on water adjustment and exploration, songs, entering and exiting pool safely, parent holding positions, going underwater, front and back glide, and rolling over and kicking on front and back.

Tadpole: Age 3. This class is for children that are 3 years old and new to the water. They will be learning water adjustment and exploration, entering and exiting pool safely, open eyes underwater, rhythmic breathing (bobs), and front and back float with support. They will begin to work on front crawl and front and back float with kick. (1 instructor: 4 students' ratio)

Guppy: Ages 3-5. This class is for children ages 3 years to 5 years old and with no experience in the water. They will be learning blowing bubbles underwater, rhythmic breathing (bobs), and front and back float, with kick, without support. They will begin to work on front and back crawl, open eyes underwater and the elementary back stroke. (1:6 ratio)

Minnow: Ages 3-5. This class is for children who have completed the Guppy class or are capable of doing all of the skills in the guppy class (please see the "***Parent Tips***" sheet for a more detailed description of the skills they will be learning.) They will be learning to do the front and back crawl for a distance of 5 yards without support, front and back float with support, introduction to rotary breathing, jump into water, over head, and return to wall, elementary backstroke arms, and turning over front to back. (1:6 ratio)

Starfish: Ages 3-6. This class is for children who have completed the Minnow class or are capable of doing all of the skills in the Minnow class (please see the "***Parent Tips***" sheet for a more detailed description of the skills they will be learning.) They will be learning rotary and rhythmic breathing (bobs), front and back glide for a distance of 5 yards. Front and back crawl with kick for 10 yards. Jump into deep water and return to wall, whip kick, tread water, and open turns back and front. (1:6 ratio)

Seahorse: Ages 5-13. This class is for children that are new to lessons. They will be learning rhythmic breathing (bobs), entering and exiting pool safely, front and back float without support, front and back kick without support, front and back crawl arms, an introduction to elementary backstroke and pool rules. (1:7 ratio)

Stingray: Ages 5-13. This class is for children who have completed the Starfish or Seahorse class or are capable of doing all of the skills in the Starfish or Seahorse classes (please see the "***Parent Tips***" sheet for a more detailed description of the skills they will be learning.) They will be learning rhythmic breathing, front and back float for 10–15 seconds, elementary backstroke, rotary breathing, front and back crawl for a distance of 10 yards, jump into deep water and return to side of pool, and tread water. (1:7 ratio)

Dolphin: Ages 5-13. This class is for children who have completed the Stingray class or are capable of doing all of the skills in the Stingray class (please see the *“Parent Tips”* sheet for a more detailed description of the skills they will be learning.) They will be learning back crawl with kick and swim a distance of 20 yards, breaststroke kick on front and back, introduction to diving, tread water, jump into deep water and return to side of pool, and front and back float in deep water. (1:7 ratio)

Shark: Ages 6-13. This class is for children who have completed the Dolphin class or are capable of doing all of the skills in the Dolphin class (please see the *“Parent Tips”* sheet for a more detailed description of the skills they will be learning.) They will be introduced to diving, work on breaststroke arms, front and back crawl for a distance of 25 yards, scissor kick, sidestroke, and rotary breathing. (1:8 ratio)

Intermediate: Ages 6-13. This class is for children who have completed the Shark class or are capable of doing all of the skills in the Shark class (please see the *“Parent Tips”* sheet for a more detailed description of the skills they will be learning.) They will be learning the front crawl and will be swimming a minimum of 50 yards. They will learn the standing front dive from the 1 meter board, work on the dolphin kick, butterfly arms and be introduced to flip turns. They will also be introduced to springboard diving and learn the feet first surface dive. (1:8 ratio)

Advanced: Ages 6-13. This class is for children who have completed the Intermediate class or are capable of doing all of the skills in the Intermediate class. They will practice springboard diving, work on all strokes and turns, pike and tuck surface dive, rotary kick, and tread water. (1:8 ratio)

Expert: Ages 6-13. This class is for children who have completed the Advanced class or are capable of doing all of the skills in the Advanced class. They will work on springboard diving and learn the tuck and pike dives, all strokes, front and backstroke flip turns and swim continuously for 500 yards. (1:8 ratio)

Teen and Adult Beginner: Ages 13 and older. This class is for young adults to seniors ages 13 and up that do not feel comfortable in the water. They will be working on water adjustment and comfort, rhythmic breathing, front and back float, recovery from float position, front and back crawl arms, tread water, and flutter kick. (1:8 ratio)

Teen and Adult Intermediate: Ages 13 and older. This class is for young adults to seniors ages 13 and up that are able to do all of the skills from the Teen and Adult Beginner class. They will be working on the front and back crawl, elementary backstroke, breaststroke arms and kick, sidestroke kick, introduction to diving, tread water, and rotary breathing. (1:8 ratio)

Teen and Adult Stroke Refinement: Ages 13 and older. This class is for young adults to seniors ages 13 and up that are able to do all of the skills from the Teen and Adult Intermediate class. They will be working on the speed turn for breaststroke, sidestroke turn, flip turn, backstroke turn, endurance swimming, front and back crawl, breaststroke, sidestroke, butterfly, tread water, and basic water rescue. (1:8 ratio)

Beginning Diving: Ages 6 and older. This class is for children and adults who are comfortable in the water and are able to tread water for at least 1 minute and would like to learn the basic dives. They will be learning the basic entries, front approach using the 3 or 4 step approach, approach and feet first entry, front approach with a tuck feet first entry, and front approach with a head first entry in the tuck position. (1:8 ratio)

Intermediate Diving: Ages 6 and older. This class is for children and adults who are comfortable in the water and are able to tread water for at least 1 minute and would like to increase their skill level in springboard diving. They will work on the 3 or 4 step approach tuck dive, pike dive, and straight dive, Back take-off with a dive in tuck and pike positions and an introduction to scoring diving. (1:8 ratio)

Advanced Diving: Ages 6 and older, This class is for children and adults who are comfortable in the water and are able to tread water for at least 1 minute and would like to increase their skill level in springboard diving. They will be working on the front dive with half twist, back somersault tuck and pike, reverse dive, inward dive. They will perform 5 required dives for score, perform 5 optional dives for score, understanding degree of difficulty and score dive meet. (1:8 ratio)