

Swim Lesson – Skill Levels

- **Aqua Tots – Ages 3 years old...ONLY!**

Submerge face under water, blow bubbles, walk through chest deep water unassisted, coordinate arm movement while walking, float comfortably on front and back, flutter kick, enter/exit pool unassisted. This class is designed for children ages 3 years of age...ONLY!

Age 4 years & older

Level 1: Tadpole

Submerge face 3 seconds, blow bubbles while submerged, float on front and back unassisted, recover from float to standing position unassisted, glide front and back with flutter kick 10 seconds, and jump into chest deep water unassisted.

Level 2: Guppy

Retrieving underwater objects, bobs/rhythmic breathing, front/back floating, gliding, and kicking, 5 yard swim with arms and legs, and jump into deep water unassisted.

Level 3: Minnow

Bobbing, retrieve object in chest deep water, front/back glide 2 body lengths, front/back crawl 15 yards, elementary backstroke, sitting/kneeling dives, and tread water.

Level 4: Trout

Deep-water bobs, rotary breathing, front/back crawl 25 yards, elementary backstroke, breaststroke, sidestroke, standing/compact dive, wall turns, and tread water 1 minute.

Level 5: Catfish

Alternate breathing, front/back crawl 50 yards, elementary backstroke 25 yards, sidestroke and breaststroke 10 yards, underwater swim, dolphin kicking, stride jump, and tread water 2 minutes.

Level 6: Striper

Front crawl and back crawl 100 yards; elementary backstroke, breaststroke, sidestroke, and butterfly - 50 yards of each; turns from the wall for each stroke; tread water 5 minutes; survival swimming 10 minutes.

Additional Classes Offered

- **Parent/Toddler – Ages 6 months – 2 years**

This beginning class focuses on water orientation. Parents learn basic skills to teach swimming and safe behavior around the water. Parent and child are in the water together for this class.