Swim Lessons

Parent & Child Lessons

Starfish
6 mo - 2 yrs, Ratio 8:1

Parent and Infant (with parent/guardian)

Emphasis on relaxing and having fun in and around the water.

- Songs/Games
- Moving through Water
- Parent Holds/Positions
- Exploration of Entry & Exit
- Bubble Blowing
- Front & Back Float
- Underwater Exploration
- Safety Skills

Tadpole
2-3 yrs, Ratio 8:1

Parent and Toddler (with parent/guardian)

All skills are performed with assistance from the parent/guardian.

- Bobbing
- Blowing Bubbles
- Floats on Front & Back
- Front & Back Glides
- Basic Arm & Kicking
- Action on Front & Back
- Turning Over
- Safety Skills
- Opening Eyes & Retrieving Objects

Toddler Lessons

Is Your Child Ready for Toddler Lessons?

The answer is Yes, if your child can:

- stand in chest-deep water without an adult
- and is willing to participate in class activities

Guppy
Ages 3-4 yrs, Ratio 5:1

All skills are performed with support from instructor.

- Entry & Exit
- Submerge Face
- Floats on Front & Back
- Glides on Front & Back
- Opening Eyes & Retrieving Objects
- Basic Arm & Kicking Action on Front/Back
- Blowing Bubbles
- Turning Over
- Safety Skills

Jellyfish
Ages 3-5 yrs, Ratio 5:1

The Guppy skills are all performed with less assistance from the instructor.

Clownfish
Ages 4-5 yrs, Ratio 5:1

The Guppy skills are all performed independent from the instructor. If Clownfish is successfully passed, swimmer can skip Turtle and proceed to Eel.

Youth Lessons

Turtle **Ages 5 & Older, Ratio 6:1**

All skills are performed with assistance from instructor.

- Entry & Exit
- Fully Submerge Face
- Floats on Front & Back
- Change of Direction
- Basic Arm & Kicking Action on Front & Back
- Opening Eyes & Retrieving
- Basic sculling and kick for treading water
- Glides on Front & Back
- Blowing Bubbles
- Bobbing
- Turning Over
- Safety Skills Objects

Eel **Ages 5 & Older, Ratio 6:1**

All Turtle skills are performed independent of instructor.

Marlin **Ages 6 & Older, Ratio 6:1**

- Entry into Deep Water
- Bobbing in Deep Water
- Rotary Breathing
- Treading Water – 30 seconds
- Front Crawl – 15 yards
- Scissor Kick – 10 yards
- Dolphin Kick – 15 yards
- Safety Skills
- Elementary Backstroke – 15 yards
- Push-off on Front & Back with Glides

Dolphin **Ages 6 & Older, Ratio 8:1**

- Safety Skills
- Underwater Swimming
- Front Crawl – 50 yard
- Breaststroke – 50 yards
- Butterfly – 15 yards
- Back Crawl – 25 yards
- Sidestroke – 25 yards
- Elementary Backstroke – 50 yards
- Open Turns on Front & Back

Shark **Ages 8 & Older, Ratio 8:1**

- Front Crawl – 100 yards
- Flip turn
- Breaststroke – 50 yards
- Butterfly – 25 yards
- Back Crawl – 50 yards
- Sidestroke – 50 yards
- Elementary Backstroke – 100 yards
- Safety Skills
- Standard Sculling