

SWIM CLASS DESCRIPTIONS

Parent / Tot Program



Cuttle Fish A

Ages: 6 mos - 17mo
Prerequisites: Parent Participation require

Skills Checklist:
Infant Skills -

- Exploring the pool with parent, holding positions
- Out of water and in water exploration With toys
- Blowing bubbles on surface
- Submerging mouth, nose, eyes
- Blowing bubbles with mouth submerged
- Underwater explorations
- Leg actions (kicks)
- Front float and back float with support
- Roll front to back, back to front with support
- Passing glide from parent to instructor, instructor to parent
- Arm movement, from position, Combined with kicking

Cuttle Fish B

Ages: 18 mos-35mos
Prerequisites: Parent participation required

Skills Checklist: Toddler skills -

- Enter the 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
- Passing with kicks from instructor to parent
- Changing positions, vertical to front & Vertical to back float positions
- Arm movement on back, finning Combined with kicking
- Exit independently at side of pool using ladder or stairs

Preschool Program

Ages 3 - 5



Clown Fish

Level 1
Prerequisites: No swimming skills required. Student must be able to take direction from instructor
Skills Checklist:

- Exploring the pool in shallow water
- Blowing bubbles on surface
- Submerging mouth, nose, eyes
- Blowing bubbles with mouth nose, and eyes submerged
- Underwater exploration with eyes open
- Bobs (10x)
- Front float and back float with support
- Front glide
- Kicking on front w/ support
- Front glide with breathing (assisted)
- Back glide
- Kicking on back with support
- Front glide and recover to vertical position
- Back glide and recover to vertical position
- Alternating arm movements on front
- Basic Water Safety rules
- Wear a lifejacket on deck & enter shallow water



Jelly Fish

Level 2
Prerequisites: Clown Fish skills and able to take direction from instructor
Skills Checklist:

- Pool entries (seated, slide in)
- Blow bubbles through mouth and nose
- Fully submerged bobs with controlled bubbles
- Open eyes underwater and retrieve submerged objects
- Front/Back float with support and unsupported
- Roll from front float to back float with support
- Front/Back glide with flutter kick
- Combined arm and leg action on front and back
- Freestyle/Backstroke and recover to vertical position
- Basic water safety rules
- Lifejacket float



Balloon Fish

Level 3
Prerequisites: Jelly Fish skills
Skills Checklist:

- Pool entries (slide in, jump in, sit dive assisted)
- Rhythmic bobbing with controlled breath (10x)
- Fully submerge and retrieve objects From bottom of pool
- Front/Back float without support
- Front glide with kick, streamline body
- Back glide with kick
- Freestyle/Backstroke with flutter kick (5 yards)
- Introduction to side breathing
- Introduction to treading water with arm and hand action
- Basic water safety rules
- Float face up in shallow water with lifejacket on for 1 minute
- Jump into deep water with life jacket on (6-8 feet)



Flying Fish

Level 4
Prerequisites: Balloon Fish skills
Skills Checklist:

- Unassisted sitting dive
- Freestyle with side breathing and flutter kicks (10 yards)
- Backstroke (10 yards)
- Elementary Backstroke (10 yards)
- Breaststroke (5 yards)
- Sidestroke (5 yards)
- Introduction to Dolphin Kick
- Jump into deep water
- Compact dive in deep water from side of pool
- Kneeling dive from side of pool
- Basic Water Safety Rules
- Demonstrate H.E.L.P. Position (1 minute)



Tang Fish

Level 5
Prerequisites: Flying Fish skills
Skills Checklist:

- Unassisted pool entries (jump in deep water, sitting dive, kneeling dive, compact dive)
- Freestyle with side breathing (15 yards)
- Backstroke (15 yards)
- Elementary Backstroke (15 yards)
- Breaststroke (15 yards)
- Sidestroke (10 yards)
- Butterfly (5 yards)
- 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
- Tread water in deep water with arm and leg actions (30 seconds)
- Feet first surface dive (5 feet)
- Basic Water Safety Rules
- Survival Float (30 seconds)
- Rules for safe diving



Seal

Level 3
Prerequisites: Sting Ray skills
Skills Checklist:

- Pool entries (jump in deep water from side, sitting dive, kneeling dive, compact dive)
- Push off in streamline position then begin flutter kick
- Push off in streamline position on back, then begin kicking
- Push off in streamline position then begin dolphin kick
- Freestyle with side breathing (15 yards)
- Backstroke with flutter kick (15 yards)
- Breaststroke (15 yards)
- Elementary Backstroke (10 yards)
- Sidestroke (10 yards)
- Butterfly (5 yards)
- Egg beater and arm sculling
- Tread water with arm and kick action (30 seconds)
- Survival float on back (30 seconds)
- Feet first surface dive
- Rules for safe diving
- H.E.L.P. Position (1 minute)
- Must feel comfortable in deep water

Only Offered In Summer



Dolphin

Level 4
Prerequisites: Seal skills
Skills Checklist:

- Freestyle with side breathing and flutter kick (25 yards)
- Backstroke with flutter kick (25 yards)
- Elementary Backstroke (25 yards)
- Breaststroke (25 yards)
- Butterfly (15 yards)
- Sidestroke (15 yards)
- Tread water with egg beater kick (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
- Dive from stride position (shallow race dive)
- Feet-first surface dive in deep water



Orca

Level 5
Prerequisites: Dolphin skills
Skills Checklist:

- Freestyle with side breathing (50 yards)
- Backstroke (50 yards)
- Elementary Backstroke (50 yards)
- Breaststroke (50 yards)
- Butterfly (25 yards)
- Sidestroke (25 yards)
- 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
- Dive from stride position (streamline underwater)
- Tuck surface dive and pike surface dive



Great White

Level 6
Prerequisites: Orca skills
Skills Checklist:

- Freestyle with side breathing (1 breath every 3 strokes pattern) with flip turns (100 yards)
- Backstroke with flip turns (100 yards)
- Elementary Backstroke (50 yards)
- Breaststroke with 2 hand touch turn (50 yards)
- Butterfly breathing every other stroke, with two hand touch turn (50 yards)
- Sidestroke (50 yards)
- Tread water (3 minutes)
- Swim continuously 300 yards with a combination of any strokes
- Retrieve a diving brick from 6-8 feet deep water

Youth Program

Ages 6 - 12



Sea Turtle

Level 1
Prerequisites: No swimming skills required
Skills Checklist:

- Demonstrates safe pool entry and exit (slide in, steps, ladder)
- Submerge head and exhale underwater through mouth and nose
- Open eyes underwater
- Pick up submerged object underwater
- Bobs with controlled exhales
- Front/Back float (supported and unsupported)
- Front float for 3 seconds, roll to back and back float for 3 seconds
- Front/Back glide with flutter kick
- Freestyle with arm and leg action (5 yards)
- Backstroke with arm and leg actions (5 yards)
- Discuss basic water safety rules
- Demonstrate proper use of a lifejacket



Sting Ray

Level 2
Prerequisites: Sea Turtle skills
Skills Checklist:

- Pool entry (jump in, compact dive assisted)
- Rhythmic bobs (10x)
- Retrieve objects from bottom of pool (shallow water)
- Freestyle with side breathing (10 yards)
- Backstroke (10 yards)
- Elementary Backstroke
- Sidestroke
- Breaststroke Pulls
- Breaststroke Kicks
- Sculling arm action
- Finning arm action
- Treading water with arm and hand action
- Introduction to egg beater
- H.E.L.P. Position