



## SWIM LESSON DESCRIPTIONS

### Parent/Tot

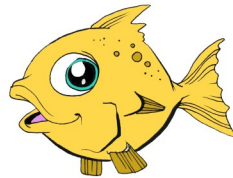
**Ages:** 6 mo-3 years

Our smallest swimmers will develop comfort in the water in a fun family environment. Toddlers will play games, sing songs, and develop basic water confidence. Every day the lesson will be very similar to foster a learning environment that allows your toddler to safely and securely explore! Swim diapers are required.

### Guppies

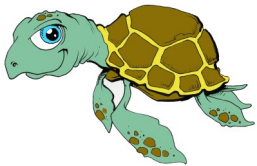
**Ages:** 3-5 years

For children who are ready to explore the water on their own! Your guppies will play games while working on basic water skills to help them become more comfortable and safe in the water away from their parents or guardians. Advancement through the Guppy level involves entering the water, following simple instructions from the instructor, blowing bubbles, and floating and kicking on their front and back with assistance.



### Turtles

**Ages:** 3-5 years

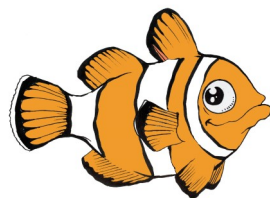


Turtles will build their swimming skills by continuing to explore the pool independently and practice their Guppy skills with confidence. They will learn proper entry and exit from the water, putting their whole face in the water, simple arm strokes on their front and back, and completely submerging their head.

### Clownfish

**Ages:** 3-5 years

Clownfish will start to move around the pool more during their lessons as they learn to monkey crawl on the wall, float without assistance on their front and back, submerge their head to retrieve underwater objects, kick on their front and back without assistance, and work further on simple arm strokes.



### Seahorses

**Ages:** 5-12 years

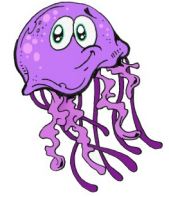


Our Seahorses will work hard with instructors to become comfortable in the water through basic skills, including front and back floats, glides, coordinated arm and leg movements for front crawl, backstroke, and elementary backstroke with assistance, and jumping in from the side to swim to the instructor.

### Jellyfish

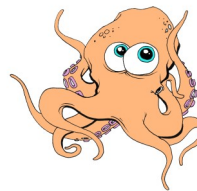
**Ages:** 5-12 years

To graduate from the Jellyfish class your swimmer will begin to be comfortable swimming on their own! They will be able to swim 10 meters of front crawl, backstroke, and elementary backstroke without assistance, and complete a full 25 meters flutter kick with a kickboard. They will also be introduced to the whip kick.



### Octopus

**Ages:** 5-12 years

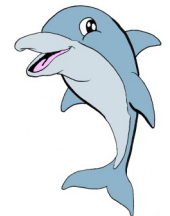


The Octopus class will start pushing your little swimmer to new heights (or lengths, that is)! To complete this class, your swimmer will be able to swim the full 25 meters of the pool using freestyle, backstroke, and elementary backstroke. They will also be able to swim 25 meters dolphin kick and whip kick, and be introduced to scissor kick and breaststroke.

### Dolphins

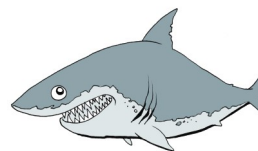
**Ages:** 5-12 years

Dolphins are starting to become strong swimmers! They will push their distance to swim 50 meters continuously of freestyle and backstroke, 25 meters of breaststroke and sidestroke, and 10 meters butterfly. They will also be introduced to flip turns, diving from the side of the pool, learning to swim to the bottom of the pool, and treading water for 1 minute.



### Sharks

**Ages:** 5-12 years



The Sharks are the big fish in our pools! This level focuses on building a well-rounded swimmer by developing their abilities and enhancing individual stroke proficiencies. To complete the Sharks level, swimmers will be able to dive from the starting block and tread water for 3 minutes without stopping. They will also swim 100 meters of freestyle and backstroke, 50 meters of breaststroke and sidestroke, and 25 meters of butterfly while demonstrating open turns and flip turns where appropriate.

### NEW! - Learn to Dive

**Ages:** 9-14 years

Our new Learn to Dive class will teach your swimmer new skills at the pool! Divers will learn hurdles and back presses, body positions, and dive groups, and will then apply those to the basic dives off our 1 meter board.

Please note that it is common for students to repeat levels before moving up. Class levels may be combined based on enrollment numbers. Instructors will teach to the abilities of each student. Classes may be cancelled if minimum enrollment of four students is not met.