



Skill Level Overview **Explore! Parent & Tot classes**

Ages 6 months to 3 years

- Getting in the water
- How to hold your child properly in the water
- Back and front float positions
- Pulling, kicking and returning to the wall
- Jumping in
- Games and other activities to introduce your child to the water

Beginner Classes

Tadpole

- Safe water entry/exit
- Pool rules
- Blow bubbles
- Hold breath underwater
- Retrieve object underwater
- Introduction to floating
- Getting face and head wet

Frog

- Supported front and back floats
- Front glides
- Kicking skills with flotation
- Secure to the wall
- Retrieve object with eyes underwater
- Jumping in with assistance

Intermediate Classes

Seal

- Front glide with kick
- Front and back floats
- Rolling from back to front
- Supported back glides
- Introduction to front arm action
- Jumping in unassisted
- Sitting dives

Otter

- Front crawl arms and legs
- Back glides without flotation
- Introduction to back crawl
- Introduction to elementary backstroke
- Rhythmic side breathing
- Kneeling dives

Advanced Classes

Alligator

- Front crawl with side breathing
- Back crawl
- Elementary backstroke
- Introduction to whip kick
- Introduction to dolphin kick
- Treading water
- Standing dives
- Safety skills and assists

Dolphin

- Front crawl—25 yards
- Back Crawl—25 yards
- Elementary backstroke—25 yards
- Breaststroke
- Introduction to butterfly
- Diving starts and safety
- Beginning rescue skills
- Endurance swimming