

# Swim Lesson Levels

**\*\*\*If your child cannot complete ALL exit skills of a particular level, choose THAT level\*\*\***

## **Sea Squirts (Mom, Dad & Me):** (performed with support from *\*parent\**)

Submerge mouth & nose, blow bubbles for 2 sec

Glide on front while kicking 5 ft

Typically ages 6 mo.- 3yrs

## **Guppies (Water Tots)** (performed with support from instructor)

Enter water, travel 5 yards

Submerge mouth and nose, blow bubble for 3 sec

Glide on front while kicking for 10 ft; roll to back for 3 seconds, roll to front, and exit water

Typically ages 4 - 5

## **Flounders:(Level 1)** (performed with *\*NO\** support from instructor)

Enter water, travel 5 yards, bob 5 times, then exit the pool

Glide on the front for 5 feet; roll to back, back float for 5 seconds

Push off on front, glide for 5 feet to instructor

Push off wall on front, and swim front crawl to instructor

Typically ages 6-8

## **Tetras:(Level 2)** (performed with *\*NO\** support from instructor)

Jump in deep water, front float 5 for sec; back float for 5 sec, swim to side wall

Push off on back, glide 10 ft w/flutter kicks

Push off on front, front crawl 10 ft, take 2 breaths

Push off, back crawl 10 ft.

Elementary backstroke w/support 10 ft.

Typically ages 6-9

## **Marlins:(Level 3)** (performed with *\*NO\** support from instructor)

Jump into deep water, swim front crawl 15 yards, tread for 30 sec, and elementary backstroke 15 yards

Backstroke for 15 yards; back float 30 sec

Dolphin kick 15 ft. w/ float, breaststroke 15 ft. w/ float, front float 30 sec

Typically ages 7-11

## **Urchins:(Level 4)** (performed with *\*NO\** support from instructor)

Jump into deep water, freestyle 25 yards; open turn, elementary backstroke 25 yards

Breaststroke 15 yards, open turn, backstroke 15 yards

Butterfly 15 yards, tread water 2 minutes, sidestroke 15 yards

Typically ages 9-12

## **Sting Rays:( Level 5)** (performed with *\*NO\** support from instructor)

Perform a start into deep water, freestyle 50 yards, flip turn, elementary backstroke 50 yards

Backstroke 50 yards with flip turn, breast stroke 50 yards, flip turn, sidestroke 25 yards

Butterfly 25 yards with flip turn, tread water for 3 min. using kicks

Typically ages 10-14

