PRESCHOOL

Ages 3-5 years

Bubbles and Bobs | Getting Started

Bubbles and Bobs is a great way for kids to get started in the water. Focus in on desensitization techniques with the goal of full submersion and proper rhythmic breathing

Graduation Requirement: *Successfully be able to do 5 bobs with proper rhythmic breathing (full exhales underwater, and one inhale above water).*

Starfish | Level 1 - The Basics

The Starfish level is designed to orient your child to an aquatic environment and help them gain basic aquatic skills including breath control, floating and kicks.

Graduation Requirement: *Retrieve Object under Water, Streamline Kicks + Breath, Jump In Water & Back Float 20sec*

Ages 4-5 years

Flounder | Level 2 - The Fundamentals

The Flounder level is designed to help children gain greater independence and develop more comfort in and around the water. Skills taught include arm/leg actions and intro to side breathing without arms.

Graduation Requirement: *Treading Water 30 sec, Swim Across Pool 25 yards w/ rhythmic head up breathing on front, back kick 25 yards*

Eel | Level 3 - Stroke Development

The Eel level helps children to gain propulsive skills and progress their stroke development. Skills taught include freestyle, backstroke.

Graduation Requirement: *25 yards Freestyle with Side Breathing, 25 yards Backstroke, Treading water for 2 minutes + One Other Kick*

LEARN TO SWIM

Ages 6-15 years

Level 1 | The Basics

Level 1 helps participants to feel comfortable and acclimate to the water. Children will gain basic aquatic skills including rhythmic breathing, floating and kicks.

Graduation Requirement: *Retrieve Object under Water, Streamline Kicks + Breath, Jump In Water & Back Float 20sec*

Level 2 | The Fundamentals

Level 2 is designed to help children gain greater independence and develop more comfort in and around the water. Skills taught include arm/leg actions and intro to side breathing without arms.

Graduation Requirement: *Treading Water 30 sec, Swim Across Pool 25 yards w/ rhythmic head up breathing on front, back kick 25 yards*

Level 3 | Stroke Development

Level 3 builds on the skills in Level 2 through additional guided practice.

Graduation Requirement: *25 yards Freestyle with Side Breathing, 25 yards Backstroke, Treading water for 2 minutes + One Other Kick*

Level 4 | Swim Club

Level 4 helps develop confidence in the skills learned and improve additional aquatic skills designed to transition into Swim Team.

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