

SWIM LEVELS DESCRIPTIONS

“Shrimps” – (6 months-3 years) Parent in the water with child to learn to teach their child the following skills. If child were ready for more skills, private lessons would be suggested. Skills to be completed in Shrimp level:

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| 1. Kick | 6. Back float with assistance |
| 2. Paddle | 7. Swim unassisted under water to parent |
| 3. Blow Bubbles | 8. Jump into water with assistance |
| 4. Hold on to the edge without assistance | 9. Have fun with parent and child and learn to enjoy
The water together! |
| 5. Climb out of the pool with or without assistance. | |

“Guppies/Minnows” – (Designed for children three to five years of age with little or no swimming experience. Parents will not accompany children into water. Children will learn to adapt to the water, blow bubbles, put their face into the water, independent submersion, kicking, arm paddling, floating, and jumping. Games will be a highlight to instruction. Skills to be completed in Guppie/Minnow level:

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| 1. The children should be able to get in without crying | 4. Kicking Feet |
| 2. Child no longer feels scared when not holding
Instructor tight | 5. Paddling hands |
| 3. Parent can watch the entire class from a distance | 6. Holding kickboard or noodle without assistance |
| | 7. Swimming unassisted with a noodle |

“Dolphins” - Designed for children five years of age and older or who have previous swimming experience and are able to pass the following skills on the first day of class: blowing bubbles, putting their face in the water for 5-10 seconds, front kick while holding onto the side, bobbing head while holding onto side, and recovering an object from the bottom of the pool in 3’ of water. The participant will improve in the above mentioned skills plus begin learning the following: Glides, swim/float/swim, front crawl with breathing (not necessarily rotary breathing), elementary backstroke, and breaststroke. Instruction will take place in 3’ to 5’ of water. Skills to be completed in Dolphin level:

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| 1. Swim horizontally without assistance | 5. Put face in while swimming |
| 2. Put face in water for 5 seconds while holding edge | 6. Introduction to front crawl, elementary back
stroke and breast stroke |
| 3. Jump in pool without assistance | 7. Swim, float, swim |
| 4. Back float without assistance | 8. Exchange air while swimming |

“Sharks” - Designed for participant’s 6 years of age and older or who have swimming experience and are able to pass the following skills on the first day of instruction: front crawl with breathing, front float, back float and treading water. Skills from the Dolphin level will be reinforced and new skills will be taught improving the front crawl, breaststroke, sidestroke, back crawl, elementary backstroke, turns and diving. Butterfly stroke will be introduced.

Instruction will take place in 3’ to 5’ of water. Diving will take place in water 9’ of deeper. NO diving in water less than 9’ deep. Skills to be completed in Shark I level:

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| 1. Swim for 20 feet | 5. Breast stroke with introduction to the whip kick |
| 2. Swim with face in for 10 feet | 6. Kneel Dive |
| 3. Front crawl with refining rotary breathing | 7. Introduction to the Butterfly Stroke |
| 4. Back crawl | 8. Starts and Turns |

Shark II

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| 1. Swim for 30 feet | 7. Introduction to stride jump |
| 2. Swim for 15 feet with face submerged | 8. Swim under water and touch bottom at 7 feet |
| 3. Front Crawl with refined rotary breathing | 9. Swim/Float Swim for 10 feet |
| 4. Refined Elementary Back Stroke | 10. Refined Back Crawl |
| 5. Breast Stroke | 11. Turning at wall |
| 6. Refined Whip Kick | 12. Primary survey CPR and First Aid |
| | 13. Introduction to Treading Water |

Shark III

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| 1. Swim for 40 feet exchanging air | 8. Swim under water and touch bottom in 8 foot |
| 2. Swim for 20 feet with face submerged, 1 breath allowed | 9. Pool side safety measures |
| 3. Front Crawl with refined rotary breathing | 10. Swim/Float/Swim for 20 feet |
| 4. Stride Jump | 11. Turn at wall |
| 5. Refined Breast Stroke | 12. Tread water for 2 minutes |
| 6. Side Stroke | 13. Introduction to rescue breathing |
| 7. Dolphin Kick | |

Shark IV

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| 1. Swim for 50 feet, with rotary breathing | 10. Introduction to Basic Lifesaving Techniques |
| 2. Swim for 25 feet with face submerged, 1 – 2 breaths | 11. Retrieve a 10# brick from 8 – 9 feet of water |
| 3. Front Crawl w/ refined rotary alternating breathing | 12. Swim/Float/Swim for 30 feet |
| 4. Refined Side Stroke | 13. Flip Turn at wall |
| 5. Refined Butterfly Stroke | 14. Flip Turn out of Back Crawl |
| 6. Deep Water Bobbing | 15. Tread Water for 5 minutes |
| 7. Compact Jump | 16. Competition Starts and Turns |
| 8. Long Standing Shallow Dive | 17. Rescue Breathing |
| 9. Swim under water & touch bottom @ 8 feet | 18. Introduction to CPR Techniques and Conscious Choking |

Adult Lessons

1. The primary focus in teaching adults to swim is to be comfortable in the water and develop trust in their instructor.
2. To learn that swimming can be mastered at any age and motivate individuals to learn.
3. Learn to relax while mastering the recovery position from horizontal in the water and return to vertical.
4. We will draw from present skills or begin from scratch.
5. We will test for buoyancy and show adjustments and skills that will assist in keeping their body horizontal for floating or swimming.
6. To teach only the strokes which suit each person individually. There are strokes that do not require the face in the water.
7. Safety skills i.e., treading water, swim/float/swim.