

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:

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

“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:

1. The children should be able to get in without crying
2. Child no longer feels scared when not holding Instructor tight
3. Parent can watch the entire class from a distance
4. Kicking Feet
5. Paddling hands
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:

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

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

Shark II

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

Shark III

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

breathing Shark IV

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