

Skill Levels at a Glance

Parent/Tot: Balance and coordination, cognitive awareness, understating of verbal and non-verbal cues, core strength and muscle development, promoting social skills and language development.

Tadpole: Submerge whole body, blow bubbles, float on back, float on stomach, wall walk 6 feet. To pass swimmer must demonstrate these skills with light assistance from teacher.

Frog: Kick in streamline from stairs 3 yards, arm circles on wall, blowing bubbles w/forehead in and eyes down, bobs in shallow water/ jump in, float on back 10 seconds. To pass swimmer must demonstrate these skills with no assistance from teacher.

Sea Star: Push off wall and kick in streamline 5 yards. Push off wall, kick 5 yards with arm circles, roll to back and float. Torpedo rolls repeated 3 times. Pull self out from pool then jump in and roll to back. To pass swimmer must demonstrate these skills with no assistance from teacher.

Goldfish: Freestyle for 7 yards rolling over to take breath when necessary. Jump in with no goggles and swim to side. Push off wall using kick board and kick for 7 yards (hands over board, face out of water.) To pass swimmer must demonstrate these skills with no assistance from teacher.

Sunfish: Kick on board with hands on top 12 yards. Kick on board hands at bottom side breath when needed. Circle/side breath on board. Jump in and tread water for 15 seconds. To pass swimmer must demonstrate these skills with no assistance from teacher.

Blowfish: Kick on board hands on top 25 yards. Torpedo rolls 25 yards. Freestyle with side breathing off board 15 yards. Dives from seated position. Kick on back in torpedo. To pass swimmer must demonstrate these skills with no assistance from teacher.

Otter: Kick on back in torpedo 25 yards, kick on back in streamline 25 yards, freestyle with side breathing 25 yards. 15 yards backstroke. 30 seconds treading water. To pass swimmer must demonstrate these skills with no assistance from teacher.

Sting Ray: Dives (kneeling and standing), Flip turns/cross over turns, 1 minute treading water, 50 freestyle alternate breathing, 25 yards backstroke.

Flying Turtle: 25 yards butterfly and 25 yards breaststroke. 50 yards backstroke. Racing dives, transition strokes and use of pace clock.

Clinic: Swimmer must be able to swim correctly 25 yards of freestyle and 25 yards of backstroke to be in this class. Class is 55-minutes in length and will be working on longer distance swimming and technique of the 4 competitive strokes.