

Polliwog – Parent Child (6 months – 3 yrs)

- Climb in and out of pool
- Kick feet in water while sitting on pool edge
- Bring water to face with hands
- Dig in water using forward motion
- Blow bubbles in water
- Kick feet using a floating aide
- Hold breath 3 seconds
- Open eyes under water
- Front float with support
- Front float to parent/instructor
- Back float with support
- Jump to parent/instructor and submerge
- Child puts face in water to retrieve object
- Child jumps to parent/instructor and returns to edge using reaching motion

Tadpoles Water Orientation (Ages 3-5)

- Enter and exit water by stepping or jumping in from side
- Blow bubbles thru mouth and nose, 3 seconds
- Bobbing 3 times in a row
- Becoming more comfortable moving in and going underwater
- Retrieving a submerged object
- Back/front float with assistance
- Back/front float kick with assistance
- Submerge mouth, nose & eyes
- Moving arms on front and back

Exit Skills – Able to complete each skill with 75% proficiency:

1. Comfortable entering & moving in the water
2. Going underwater
3. Retrieving a submerged object
4. Floating on front (with assistance)
5. Floating on back (with assistance)
6. “Swimming” on front (with assistance)
7. “Swimming” on back (with assistance)

Guppies -Level 1

Review:

- Enter and exit water by using side or jumping in
- Blowing bubbles thru mouth & nose, 3 seconds
- Bobbing, 3 times in a row
- Retrieve a submerged object
- Front glide, 2 body lengths
- Front float, 3 seconds
- Back glide, 2 body lengths
- Back float, 3 seconds
- Kicking

Drills (with flippers):

- Head Lead
- Arm Lead
- Arm Lead with face in the water

Exit Skills – Able to complete each skill with 75% proficiency:

1. Front glide, 2 body lengths
2. Back glide, 2 body lengths
3. Float without support on front
4. Float without support on back
5. Swim underwater, not holding nose
6. Arm lead without help, but with flippers, for length of the plunge area (by waterslide)

Minnnows - Level 2

Review:

- Swim underwater without holding nose
- Arm lead
- Head lead
- Skills:**
- Enter & exit the water by using the side or jumping in
- Bobbing & safety bobbing
- Retrieve a submerged object, 2 times
- Front float, 5 seconds
- Jellyfish float, 5 sec
- Tuck float, 5 sec
- Back float, 10 seconds
- Back glide, 2 body lengths
- Front glide, 2 body lengths

Drills (with flippers):

- Arm Lead
- Shark Fin
- Stop, Stop, Switch
- Slide & Glide

Exit Skills – Able to complete each skill with 75% proficiency:

1. Mastery of skills in review section
2. Slide & glide (backstroke)
3. Swim underwater, not holding nose

Perch (lap pool) - Level 2.5

Review:

- Swim underwater without holding nose
- Arm lead
- Head lead
- Skills:**
- Enter & exit the water by using the side or jumping in
- Bobbing & safety bobbing
- Retrieve a submerged object, 2 times
- Front float, 5 seconds
- Jellyfish float, 5 sec
- Tuck float, 5 sec
- Back float, 10 seconds
- Back glide, 2 body lengths
- Front glide, 2 body lengths
- Introduce treading in shoulder deep water
- Finning arm action on back

Drills (with flippers):

- Arm Lead
- Shark Fin
- Stop, Stop, Switch
- Slide & Glide

Exit Skills – Able to complete each skill with 75% proficiency:

1. Mastery of skills in review section
2. Mastery of Level 2 skills
3. Slide & glide (backstroke)
4. Swim underwater, not holding nose

Seahorses – Level 3

Review:

- Swim underwater without holding nose
- Arm lead
- Shark fin
- Stop, stop, switch
- Slide & glide
- Skills:**
- Enter & exit water by using side or jumping in
- Bobbing while moving toward safety
- Retrieve a submerged object, 2 times
- Survival float on front for 30 seconds
- Back float for 30 seconds in deep water
- Kneeling dive
- Freestyle swim for 16 yards
- Scissors kick
- Breaststroke kick
- Treading water
- Elementary backstroke for 16 yards
- Breaststroke

Drills (with flippers):

- Arm lead
- Shark fin
- Stop, stop, switch
- Slide & glide
- Triple switch
- Combo

Exit Skills – Able to complete each skill with 75% proficiency:

1. Mastery of skills in the review section
2. Motion/idea of the breaststroke
3. Kneeling dive
4. Able to keep head above water while treading water

Sting Rays – Level 4

Review:

- Kneeling dive
- Breaststroke drills
- Arm lead
- Shark fin
- Stop, stop, switch
- Slide & glide
- Skills:**
- Feet-first surface dive, submerge
- Survival swimming in deep water, 30 sec
- Retrieve submerged object, 2 times
- Freestyle, 25 yards
- Backstroke, 25 yds
- Scissors kick
- Elementary backstroke, 25 yards
- Introduce sidestroke
- Introduce dolphin kick (with flippers)
- Treading water, 2 minutes
- Breaststroke, 25 yds
- Standing dive

Drills (without flippers):

- Arm lead
- Shark fin
- Stop, stop, switch
- Slide & glide
- Triple switch
- Combo

Exit Skills – Able to complete each skill with 75% proficiency:

1. Mastery of skills in the review section
2. Standing dive
3. Treading water, 2 minutes
4. Breaststroke, 25 yards
5. Freestyle, 25 yards (without flippers)
6. Backstroke, 25 yards (without flippers)

Sharks – Level 5

Review:

- Standing dive
- Breaststroke
- Arm lead
- Shark fin
- Stop, stop, switch
- Slide & glide
- Triple switch
- Combo
- Skills:**
- Shallow-angle dive from the side
- Shallow-angle dive and begin and front stroke
- Tuck surface dive, submerge completely
- Pike surface dive, submerge completely
- Freestyle, 50 yards
- Backstroke, 25 yards
- Elementary backstroke, 50 yards
- Introduce butterfly
- Sidestroke, 25 yards
- Treading water, 5 min.

Exit Skills – Able to complete each skill with 75% proficiency:

1. Mastery of skills in review section
2. Feet-first surface dive
3. Treading water, 5 minutes
4. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards and swim elementary backstroke for 50 yards
5. Swim breaststroke for 25 yards and swim backstroke for 25 yards

Dolphins – Level 6

Review:

- Standing dive
- Feet-first surface dive
- Freestyle, 50 yards
- Backstroke, 25 yards
- Breaststroke, 25 yards
- Elementary backstroke, 50 yards
- Treading water, 5 minutes

Skills:

- Enter water using stride jump
- Enter water using compact jump
- Shallow-angle dive from the side
- Sitting dive
- Kneeling dive
- Standing dive
- Tuck surface dive, touch the bottom of the pool at 10 feet deep
- Pike surface dive, touch the bottom of the pool at 10 feet deep
- Freestyle, 100 yards
- Backstroke, 50 yards
- Breaststroke, 50 yards
- Elementary backstroke, 100 yards
- Sidestroke, 50 yards

Exit Skills Assessment:

1. Mastery of skills in review section
2. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke



