

# SWIM LESSONS LEVELS

## Baby Ducks (ages 6 months-until they turn 3)

A fun introduction to water for young children. Students will be introduced to basic skills, including water safety. This level requires adult participation in the water.

## Preschool Levels (Ages 3-5 years)

**Polliwogs:** This level is for beginners; no previous experience is required. Students will work on front and back floats, stroke techniques, and work on being comfortable in the water.

**Tadpoles:** Students should be able to swim short distances on their own. They will also now be comfortable with putting their eyes in the water without goggles and floating on their back independently. (4-5 years old)

**Guppies:** The highest class for younger swimmers, students are now very comfortable with swimming longer distances on their own, submerging their entire body, and floating without assistance. They will work on technique and endurance at this level. (4-5 years old)



## Youth Levels (Ages 6 years and older)

**Starfish:** This level is for beginners; no previous experience is required. Students will work on floats, learning strokes, and being comfortable in the water.

**Jellyfish:** Students are now able to float by themselves and are comfortable swimming with their eyes in the water without goggles. They will continue to work on stroke techniques.

**Seahorse:** Students can now complete multiple strokes without assistance and will start working on side breathing and endurance.

**Dolphin:** This level moves to the deep end, where students are introduced to breaststroke and butterfly as well as continuing to work on their endurance. Must have passed Seahorse to register.

**Shark:** Students continue to work on technique for all strokes as well as endurance. Going into this level the student should be able to swim down and back in the deep end without needing the wall.

**Orca:** The last of the youth levels, students are prepared for lifetime fitness and safety, competitive swimming and diving, and work to perfect their technique.

**For any levels above Seahorse student must have passed a swim lesson swim test or passed level three Seahorse in the past year.**

*\*Goggles are not permitted unless in level seahorse or above.*