

# Class Levels and Skills

### Starfish

Ages 4-29 months

- 1. Comfort in the water
- 2. Breath control
- 3. Ready to be independent from parent
- 4. Balance on the step
- 5. Comfortable on back while floating
- Attempts to get rings from bottom

**Promotes to Sea Turtle** 



Ages 14-29 months

1. Safer entry

EGINNER

- 2. Breath control
- 3. Ready to be independent from parent
- 4. Independence on the step
- 5. Assisted Crab Walks
- 6. Floats on back with assistance
- 7. Retrieves rings from bottom

Promotes to Goldfish OR Sea Lion

#### Sea Lion

Ages 24-29 months

- 1. Safer entry
- 2. Independence on the step
- 3. Breath control
- 4. Kicks on barbells
- 5. Assisted back floating
- Assisted rolling over front to back
- 7. Crab Walks
- Retrieves rings from bottom
- 9. Humpty Dumpty
- 10. Safer exit

\*enrollment in this level is by instructor promotion only

Promotes to Goldfish

#### Guppy

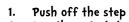
Ages 2 1/2 Up to 5 Yr

- 1. Safer entry
- Comfortable in water
   Puts face in water
- 4. Breath control
- 5. Kicks with barbells
- 6. Introduction to floating
- 7. Assisted rolling over
- 8. Introduction to float test
- 9. Assisted Crab Walks
- 10. Retrieves rings

Promotes to Goldfish



Ages 2 1/2 Up to 5 Y



- 2. Breath control-bubbles
- 3. Comfortable w/ face in the water
- 4. Kicks width of pool
- 5. Back floats independently
- 6. Roll over to float
- 7. Crab Walks
- 8. Humpty Dumpty and swim back
- Retrieves rings off the bottom of the pool
- 10. Float Test

Promotes to Seahorse

#### Seahorse

Ages 2 1/2 Up to 5 Yr

- Glides with proper body position
- 2. Kicks on barbells independently
- 3. Glides with kicks 15 ft.
- Swim with the glove and take a Floating Stretch Breath
- 5. Swim and take a Floating Stretch Breath
- 6. Back kicks across the pool
- 7. Jump Turn Swim back to the wall
- 8. Destination swim independently
- Retrieves rings from bottom and back kicks to the step

Promotes to Dolphin

#### Catfish

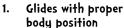
Ages 5 and Up

- Comfort in the water
- 2. Breath control
- 3. Gliding
- 4. Kicking
- 5. Breathing on back
- 6. Kicking on back
- 7. Jump Turn Swim
- 8. Retrieves rings

Promotes to Stingray or Tigershark

## Stingray





- 2. Kicks on barbells independently
- 3. Glides with kicks 15 ft.
- 4. Swim with the glove and take a Floating Stretch Breath
- 5. Swim and take a Floating Stretch
  Breath
- 6. Back kicks across the pool
- 7. Jump Turn Swim back to the wall
- 8. Destination swim independently
- Retrieves rings from bottom and back kicks to the step

Promotes to Dolphin

## Dolphin

Any Age



- 2. Freestyle Kicks with barbells
- 3. Streamline glide with Freestyle Kicks
- 4. 4 Big Arms out of the water
- Big Arms & Stretch Breath with the single bell
- Swims independently with Big Arms & a Stretch Breath
- 7. Backstroke Kicks
- 8. 15 ft. destination swim
- Retrieves rings and swims back to the step

Promotes to Swordfish

### Swordfish Any Age

- Streamline kicks across the pool
- Freestyle Kicks length of the pool with barbells
- Independent side breath with the single bell
- Freestyle the width of the pool independently with side breath
- Streamline Backstroke Kicks
- Backstroke Arms
- Backstroke the width of the pool
- Beginner dive
- Retrieve rings from the bottom independently

**Promotes to Marlin** 

## ĭjgershark

Ages 8 Years & Up

- 1. Glides-proper body position
- 2. Freestyle Kicks the length of the pool
- 3. Independent Floating Stretch Breath
- 4. Correct Freestyle Arms
- Freestyle Arms and side breathing with the single bell
- Swims Freestyle half the length of the pool independently
- Backstroke Kicks width of the pool 7.
- **Backstroke Arms** 8.
- Backstroke width of the pool
- 10. Beginner dive

**Promotes to Marlin** 



- Proper Freestyle body position 1.
- 2. Quick side breathing
- Use a kickboard properly 3.
- Rotating Streamline 4.
- Freestyle with the pipe the length of the pool
- Freestyle the length of the pool with only verbal assistance
- Streamline Backstroke Kicks the length of the bool
- Backstroke the length of the pool with only verbal assistance
- Dive 9.

Promotes to Kingfish



- Freestyle Kicks with a kickboard
- Freestyle Drills
- Independent length of freestyle
- Streamline backstroke kicks
- Backstroke drills
- Independent length of backstroke
- Breaststroke Kicks the width of the bool
- Racing Dive

**Promotes to Patch** 



- 1. Freestyle catch-up drill
- 2. 2 lengths of Freestyle
- 2 lengths of Backstroke 3.
- 4. Breaststroke Kicks the length of the pool
- 5. Breaststroke Pull
- 1 length of independent Breaststroke
- Racing Dive

**Promotes to T-Shirt** 



#### Any Age



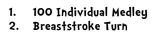
- 1. Bilateral breathing Independent Freestyle Flip Turn 2.
- 100 yds. Freestyle 3.
- 100 yds. Backstroke 4. 50 yds. Breaststroke
- **Butterfly Kicks**
- **Butterfly Pull**
- 25 yds. Butterfly with verbal assistance
- 9. Racing Dive

Promotes to Stroke 1

- 200 yds. Freestyle Backstroke Flip Turn
- 100 yds. Backstroke w/ flip turns
- 4. 100 yds. Breaststroke
- 25 yds. independent Butterfly

Promotes to Stroke 2





- 3. **Butterfly Turn**
- 50 yds. Butterfly 4.
- Underwater starts for all strokes

**Promotes to Stroke 3** 



- 200 Individual Medley
- **Excellent Butterfly underwater** Start & Turn
- Excellent breaststroke underwater Start & Turn
- Excellent freestyle underwater Start & Turn