



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
6. Attempts to get rings from bottom

Promotes to Sea Turtle

Sea Turtle

Ages 14-29 months



1. Safer entry
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
6. Assisted rolling over front to back
7. Crab Walks
8. 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
2. Comfortable in water
3. 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

Goldfish

Ages 2 1/2 Up to 5 Yr



1. Push off the step
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
9. Retrieves rings off the bottom of the pool
10. Float Test

Promotes to Seahorse

Seahorse

Ages 2 1/2 Up to 5 Yr



1. Glides with proper body position
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
9. Retrieves rings from bottom and back Kicks to the step

Promotes to Dolphin

Catfish

Ages 5 and Up



1. 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

Ages 5-8 Years



1. Glides with proper body position
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
9. Retrieves rings from bottom and back kicks to the step

Promotes to Dolphin

Dolphin

Any Age



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

Promotes to Swordfish

Swordfish

Any Age



1. Streamline Kicks across the pool
2. Freestyle Kicks length of the pool with barbells
3. Independent side breath with the single bell
4. Freestyle the width of the pool independently with side breath
5. Streamline Backstroke Kicks
6. Backstroke Arms
7. Backstroke the width of the pool
8. Beginner dive
9. Retrieve rings from the bottom independently

Promotes to Marlin

Tigershark

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
5. Freestyle Arms and side breathing with the single bell
6. Swims Freestyle half the length of the pool independently
7. Backstroke Kicks width of the pool
8. Backstroke Arms
9. Backstroke width of the pool
10. Beginner dive

Promotes to Marlin

Marlin

Any Age



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

Promotes to Kingfish

Kingfish

Any Age



1. Freestyle Kicks with a kickboard
2. Freestyle Drills
3. Independent length of freestyle
4. Streamline backstroke kicks
5. Backstroke drills
6. Independent length of backstroke
7. Breaststroke Kicks the width of the pool
8. Racing Dive

Promotes to Patch

Patch

Any Age



1. Freestyle catch-up drill
2. 2 lengths of Freestyle
3. 2 lengths of Backstroke
4. Breaststroke Kicks the length of the pool
5. Breaststroke Pull
6. 1 length of independent Breaststroke
7. Racing Dive

Promotes to T-Shirt

T-Shirt

Any Age



1. Bilateral breathing
2. Independent Freestyle Flip Turn
3. 100 yds. Freestyle
4. 100 yds. Backstroke
5. 50 yds. Breaststroke
6. Butterfly Kicks
7. Butterfly Pull
8. 25 yds. Butterfly with verbal assistance
9. Racing Dive

Promotes to Stroke 1

Stroke 1

Any Age



1. 200 yds. Freestyle
2. Backstroke Flip Turn
3. 100 yds. Backstroke w/ flip turns
4. 100 yds. Breaststroke
5. 25 yds. independent Butterfly

Promotes to Stroke 2

Stroke 2

Any Age



1. 100 Individual Medley
2. Breaststroke Turn
3. Butterfly Turn
4. 50 yds. Butterfly
5. Underwater starts for all strokes

Promotes to Stroke 3

Stroke 3

Any Age



1. 200 Individual Medley
2. Excellent Butterfly underwater Start & Turn
3. Excellent breaststroke underwater Start & Turn
4. Excellent freestyle underwater Start & Turn