

Preschool Levels

Ages 3-5

GUPPY

AGES 2.5-3 YEARS OLD

First Time Taking Lessons

- + Gentle introduction to the water

PRESCHOOL 1

First Time Taking Lessons

- + Water acclimation
- + Front and back floating
- + Head bobbing
- + Introduction to kicking on front and back using float aids
- + Enter/Exit water using ladder, steps or side

PRESCHOOL 2

Getting Comfortable in the Water

- + Learning to put face in the water & swim short distances
- + Opening eyes under water and retrieving submerged objects
- + Learning to front & back float
- + Developing proper kick & body position

PRESCHOOL 3

Learning to Swim Freestyle

- + Progressing from back float to backstroke
- + Learning long body position & long arm switches
- + Intro to side-breathing

PRESCHOOL 4

Freestyle, Backstroke & Intro to Breaststroke Kick

- + Continued learning of freestyle and side-breathing, starting to swim longer distances
- + Backstroke building to 25 yds
- + Learning to tread water
- + Introduction to diving
- + Introduction of breaststroke kick
- Intro to Safety Topics:
 - + Life jackets
 - + Kayak safety

PRESCHOOL 5

Adding Distance to Freestyle, Backstroke & Breaststroke

- + Sitting and kneeling dive into deep water
- + Treading water (deep water)
- + Swimming underwater
- + Freestyle w/ side breathing 25 yds
- + Backstroke 25 yds
- + Breaststroke kick 15 yds
- + Learning open turns

PRESCHOOL 6

Perfecting All Four Strokes

- + Standing dive (stride & compact)
- + Treading water 2 minutes (deep water)
- + Flip turns
- + Freestyle w/ side breathing 50 yards
- + Backstroke 50 yds
- + Breaststroke 25 yds
- + Dolphin kick
- + Full butterfly 15 yds

Youth Levels

Ages 6-12

LEVEL 1

First Time Taking Lessons

- + Water acclimation
- + Front and back floating
- + Head bobbing
- + Introduction to kicking on front using float aids
- + Enter/Exit water using ladder, steps or side

LEVEL 2

Getting Comfortable in the Water

- + Learning to put face into the water
- + Learning to retrieve object off bottom of the pool
- + Learning to kick on front from wall to instructor
- + Learning proper body position and kick
- + Learning to kick back
- + Introduction of rolling from back to front & front to back

LEVEL 3

Learning to Swim Freestyle

- + Progressing from back float to backstroke
- + Learning long body position & long arm switches
- + Intro to side-breathing

LEVEL 4

Freestyle, Backstroke & Intro to Breaststroke Kick

- + Continued learning of freestyle and side-breathing,
 - + Backstroke building to 25 yds
 - + Learning to tread water
 - + Introduction to diving
 - + Introduction to breaststroke kick
- Intro to Safety Topics:**
- + Life jackets
 - + Kayak safety

LEVEL 5

Adding Distance to Freestyle, Backstroke & Breaststroke

- + Sitting and kneeling dive into deep water
- + Treading water (deep water)
- + Swimming underwater
- + Freestyle w/ side breathing 25 yds
- + Backstroke 25 yds
- + Breaststroke kick 15 yds
- + Learning open turns

LEVEL 6

Perfecting All Four Strokes

- + Standing dive (stride & compact)
- + Treading water 2 minutes (deep water)
- + Flip turns
- + Freestyle w/ side breathing 50 yds
- + Backstroke 50 yds
- + Breaststroke 25 yds
- + Dolphin kick
- + Full butterfly