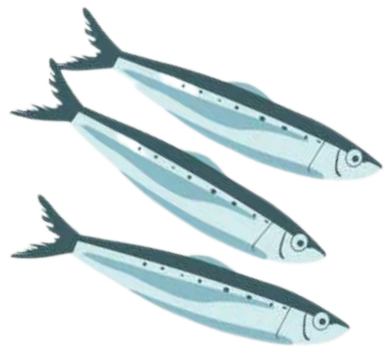


SWIM LESSON LEVELS

Ages 6-12

LEVEL 1: MINNOW

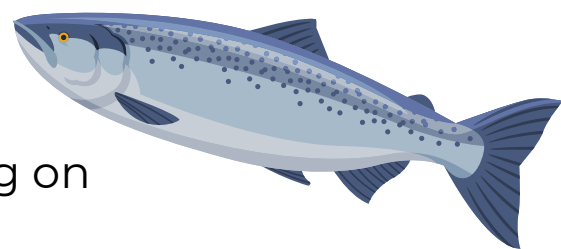


Session covers the basics in floating, body position, and independence in the water.

Exit Skill: Jump into pool independently. Push off the wall in 11 position with kicking. Kick on back (10 sec). Rolling front to back & back to front.

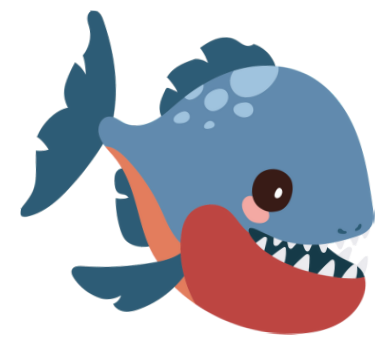
LEVEL 2: SALMON

Session builds on skills from L1. Adding freestyle arms and focusing on breath control.



Exit Skills: "Catch-up" freestyle with 4 "roll-overs." Flutter kicking (streamline) on back. Swim down to the bottom of 4ft..

LEVEL 3: PIRANHA



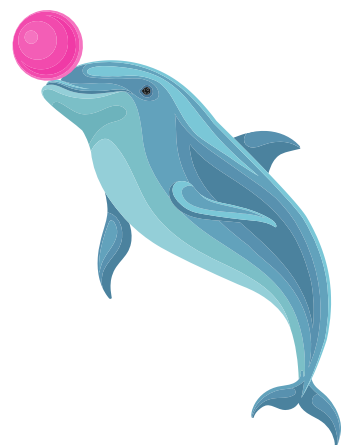
Session builds on skills from L2. Focusing on side breathing, backstroke rotation, and treading water.

Exit Skills: Freestyle with side breathing (15m). Backstroke one arm at a time (15m). Treading for 30 seconds. Comfort in the deep end.

LEVEL 4: DOLPHIN

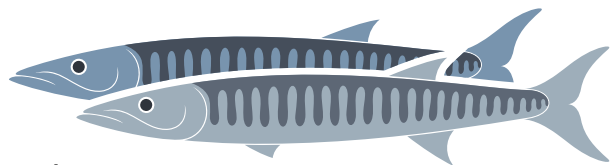
Session builds on skills from L3. Students will build endurance in freestyle & backstroke. Breaststroke, butterfly kicks are introduced.

Exit Skills: Freestyle (25m), backstroke (25m), breaststroke kick (10m), and dolphin kick (10m). Treading for 2 min and a somersault!



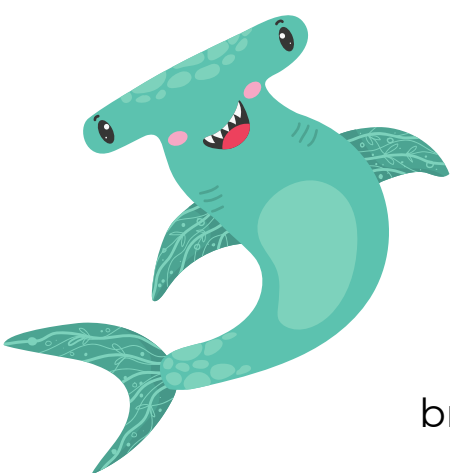
LEVEL 5: PIRANHA

Session builds on skills from L4. Students complete breaststroke and butterfly. Diving and flip turns are introduced at this level.



Exit Skills: Freestyle with bilateral breathing, breaststroke (25m), and butterfly (25m). Flip turn, standing dive..

LEVEL 6: SHARK



Session builds on skills from L5. Students work on building endurance in all 4 strokes. Introduced to lap swimming with proper turns.

Exit Skills: Freestyle (50m), backstroke (50m), breaststroke (25m), and butterfly (25m) all with proper turns..

SWIM LESSON LEVELS

Ages 2.5-5

GUPPY



Perfect
for 2.5-3
year olds!

Session will be focused on getting in/out of the pool safely, floating, and the biggest bubbles!

Exit Skills: Must be at least 3 to pass onto P1. Enter/Exit pool safely. Follows directions.

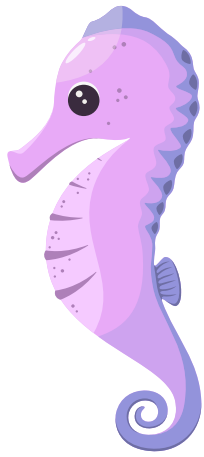
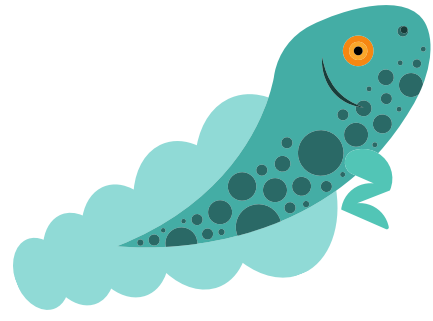
PRESCHOOL 1: TADPOLE

For our beginners! Session will include floating, blowing bubbles, head-bobs, and lots of splashing fun.

Exit Skills: Jump Into pool, front float/back float, flutter kicking on front and back.

All skills to be done with help!

Equivalent to L1 when child turns 6y/o



PRESCHOOL 2: SEAHORSE

Session will build on skills In P1. Here we take all the skills in the previous and we build confidence to do them independently.

Exit Skills: Jump Into pool, front float/back float, flutter kicking on front and back.

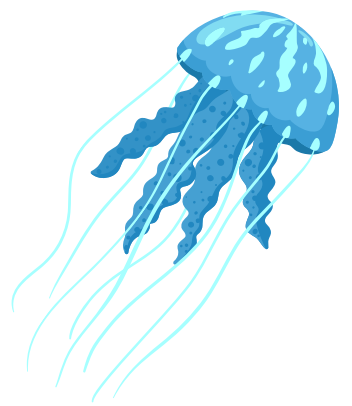
Equivalent to L1 when child turns 6y/o

PRESCHOOL 3: JELLYFISH

Session will build on skills In P2. Putting freestyle strokes together and incorporating rolling techniques.

Exit Skills: Catch-up freestyle with rolling. Swim to the bottom of 4ft.

Equivalent to L2 when child turns 6y/o

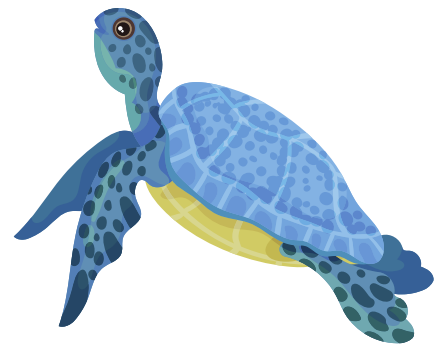


PRESCHOOL 4: TURTLE

Session will build on skills In P3. Students will build endurance on strokes and get introduced to the deep end.

Exit Skills: Freestyle with side breathing (15m), basic backstroke (15m), treading water (30 sec)

Equivalent to L3 when child turns 6y/o



PRESCHOOL 5: STINGRAY

Session will build on skills in P4. Increasing endurance in freestyle and backstroke. Introduction to breaststroke and butterfly.

Exit Skills: Freestyle with bi-lateral breathing (25m), backstroke (25m), breaststroke kick (10m), and dolphin kick (10m).

Equivalent to L4 when child turns 6y/o