



## **Swim Lesson Descriptions**

### **Parent & Tot**

A parent-child water class for children 6 months-3 years. We will work on water adjustment, parent holds, getting in and out of the water, submersion, assisted floats, basic arm and leg motions, games, songs, and having fun in the water.

### **Seahorses (Level 1)**

A class for 3 year olds and up. Students will be in the water without their parents. We will work on water entry and exit, submerging and holding breath underwater, opening eyes underwater and retrieving objects, floating on front and back, gliding on front and back, rolling over, treading water arm and hand actions and assisted swimming on the front and back.

### **Starfish (Level 2)**

Students must be able to float on front and back for 5 seconds, glide 2 body lengths on front and able to submerge for 3 seconds. We will work on bobbing, retrieving submerged objects with eyes open, rotary breathing, all of the front floats, gliding on front and back, rolling over, treading water, changing direction while swimming on front and back, finning and independent swimming on the front and back.

### **Seals (Level 3)**

Students must be able to push off the bottom and move into a treading or floating position for at least 15 seconds then swim 5 body lengths, swim independently using combined arm and leg actions for 5 body lengths. We will work on breathing to the side on front crawl, treading water for a minute, survival float, streamlined pushoffs, increased distances for front and back crawl, elementary backstroke. Introduce breaststroke kick, scissors kick, dolphin kick and basic survival and rescue skills.

### **Dolphins (Level 4)**

Students must be able to swim the front crawl, back crawl, elementary backstroke for 25 yards each and tread water for 1 minute. We will work on survival swimming, open turns, increased distances for front crawl, back crawl, breaststroke, butterfly, sidestroke and elementary backstroke.