

Class Levels and Skills!



Starfish



Ages 2-9 months

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

BEGINNER LEVEL!

Promotes to Sea Turtle

Sea Turtle



Ages 12-19 months

1. Safer entry
2. Breath control
3. Ready to be independent from parent
4. Independence on the step
5. Monkey walks
6. Floats on back with assistance
7. Retrieves rings from bottom

Promotes to Goldfish
OR
Sea Lion

Sea Lion



Ages 2-19 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. Monkey walks
8. Retrieves rings from bottom
9. 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 monkey walk
10. Retrieves rings

BEGINNER LEVEL!

Promotes to Goldfish

Goldfish



Ages 2 1/2 Up to 5 yr

1. Push off the step
2. Breath control
3. Comfortable w/ my face in the water
4. Kicks width of pool
5. Back floats independently
6. Roll over to float
7. Monkey walk
8. Float Test
9. Retrieves rings off the bottom

Promotes to Seahorse

Seahorse



Ages 2 1/2 Up to 5 yr

1. Glides to teacher
2. Kicks independently
3. Introduction to reach and pull arms
4. Maintains proper body position while taking a breath
5. Roll to swim
6. Swims width of pool independently

Promotes to Dolphin

Dolphin



All Ages

1. Glides proper body position
2. Extended breath control
3. Freestyle kicks
4. 4 big arms out of the water
5. Big arms & stretch breath with barbell
6. Backstroke kicks
7. Swims width of the pool independently with 4 big arms & floating breath

Promotes to Swordfish

Catfish



Ages 5 and up

1. Comfort in the water
2. Breath control
3. Gliding
4. Kicking
5. Kicking on back
6. Retrieves rings

BEGINNER LEVEL!

Promotes to Stingray
OR
Tigershark

Stingray



Ages 8 Years

1. Glides proper body position
2. Freestyle kicks width of pool
3. Backstroke kicks
4. 4 Freestyle arms, unassisted
5. Take a floating side breath
6. Freestyle arms with a floating breath the width
7. Retrieve rings from the bottom the pool

Promotes to Swordfish

Swordfish

Ages 3-5 Years



1. Freestyle kicks length of the pool
2. 4 freestyle arms out of the water
3. Independent side breath with kicks
4. Swims width of the pool independently with side breath
5. Independent backstroke kicks
6. Backstroke arms
7. Swims backstroke the width of the pool
8. Beginner dive

Promotes to Marlin

Tigershark

Ages 8 Years &



1. Glide proper body position
2. Freestyle kicks the length of the pool
3. Correct freestyle arms with the barbell
4. Freestyle arms and side breathing with the barbell
5. Independent breath
6. Swims 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. Freestyle with the pipe the length of the pool
5. Freestyle the length of the pool with only verbal assistance
6. Backstroke the length of the pool with only verbal assistance
7. Dive

Promotes to Kingfish

Kingfish

Any Age

1. Freestyle kicks with a kickboard
2. Independent length of freestyle
3. Streamline backstroke kicks
4. Independent length of backstroke
5. Freestyle and backstroke drills
6. Breaststroke kicks
7. Racing Dive

Promotes to Patch

Patch

Any Age

1. Freestyle cap drill
2. 2 lengths of freestyle
3. 2 lengths of backstroke
4. Breaststroke kicks
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
9. Racing dive

Promotes to Stroke 1

Stroke 1

Any Age

1. 200 yds. Freestyle
2. 100 yds. Backstroke w/ flip turn
3. 100 yds. Breaststroke
4. 25 yds. Butterfly
5. Backstroke flip turn

Promotes to Stroke 2

Stroke 2

Any Age

1. 100 individual medley
2. 50 yds. Butterfly
3. Breaststroke turn
4. Butterfly turn
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