

30 min classes

Tadpole 1 (3 yr olds 100% in the wading pool):

- Adjusting to instructor led activities
- Introduction to basic swimming skills
- Play time & enjoyment of the water
- Submerging & breath holding (3 seconds)
- Back float with teacher assistance (5 seconds)
- Safety Skills

Tadpole 2: (3 yr olds 100% in the wading pool)

- Adjusting to class & group setting
- Submerging & breath holding (3 seconds)
- Rhythmic bobbing, 3-5 times
- Back float with float belt (5 seconds)
- Back glide & flutter kick w/float belt, 10ft
- Safety Skills
- Must have recommendation Tad 1. instructor

Squirts 1: (4 & 5 yr olds. Entry level course. Wading Pool):

- Adjusting to class & group setting
- Submerging & breath holding, 3 seconds.
- Rhythmic bobbing, 3-5 times
- Back float with float belt (5 seconds)
- Back glide & flutter kick w/float belt, 10ft
- Safety Skills

Squirts 2: (4 & 5 yr olds. 75% wading pool, 25% main pool):

- Submerging & breath holding, 5 seconds
- Rhythmic Bobbing, 5 times
- Front glide & flutter kick w/ float belt, 10ft
- Front float with float belt 5 seconds
- Jump into water
- Safety Skills

Squirts 3: (4 & 5 yr olds. 25% wading pool, 75% main pool):

- Submerging & breath holding, 8 seconds
- Rhythmic bobbing, 8 times.
- Independent front float
- Independent back float
- Beginner stroke w/float belt, 10 ft
- Back swimming w/float belt, 10ft.
- Jump unassisted into water
- Safety skills.

Squirts 4: (4 & 5 yr olds. 100% in the main pool):

- Adjusting to class setting
- Submerging & breath holding, 8 seconds.
- Rhythmic bobbing 8 times.
- Front glide & flutter kick, 10ft.
- Back glide & flutter kick, 10ft.
- Introduction to beginner stroke, 10ft.
- Introduction of back swimming, 10ft.
- Jump from side.
- Safety skills

40 min classes

Youth 1: (6yrs & older. Entry level course. Shallow water class):

- Adjusting to class setting.
- Submerging & breath holding, 8 seconds
- Rhythmic Bobbing 8 times
- Front glide & flutter kick 10ft
- Back glide & flutter kick, 10ft
- Frontstroke, 10ft
- Back swimming 10ft
- Jump from side
- Safety skills

Youth 2: (6yrs & older. Shallow water class):

- Submerging & breath holding 10 sec.
- Rhythmic Bobbing 8 times
- Front crawl, 10 yards
- Winging, 10 yards
- Turning over in shallow water
- Retrieve object from bottom, shallow section
- Jump from side
- Safety Skills

Youth 3: (Taught in shallow and middle section):

- Front crawl w/rotary breathing, 15 yards
- Winging on back, 25 yards
- Introduction to backcrawl, 15 yards
- Level off and swim
- Retrieve object from bottom, middle section
- Supine or prone float, 1 min
- Treading water, 30 sec
- Turning over
- Introduction to diving
- P.F.D. use & safety skills

Youth 4: (Taught in middle & deep sections):

- Front crawl w/rotary breathing, 25 yards
- Back crawl, 25 yards
- Sidestroke 25 yards
- Leveling off & swim on front & back, 15 yards
- Treading water, 45 seconds
- Survival float & back float, deep water 1 min
- Deep water bobs, 10 times
- Retrieve object from bottom, deeper water
- Jump from diving board
- Diving safety & kneeling dive
- P.F.D. use - HELP & HUDDLE
- Safety Skills

Youth 5: (deep water):

- Front crawl, 25 yards
- Back crawl, 50 yards
- Sidestroke, 25 yards
- Elementary backstroke, yards
- Breaststroke, 15 yards
- Back float, deep water, 2 min
- Survival float, deep water 2 min
- Open front & back turns
- Tread water, 1 min
- Swim underwater, 3 body lengths
- Feet first & head first surface dives
- Front dive from side
- Retrieve object from bottom, deep water
- Non swimming rescues
- Safety skills & advanced P.F.D. use.

Youth 6: (deep water):

- Front crawl, 50 yards
- Back crawl, 50 yards.
- Sidestroke, 50 yards
- Elementary Backstroke, 25 yards
- Breaststroke, 25 yards
- Butterfly, 15 yards
- Tread water, 2 min
- Survival float, 2 min
- Back float, 2 min
- Swim underwater, 10 yards
- Front & back flip turns
- Demonstration of rescue breathing
- Front dive from diving board
- Non swimming rescues
- Safety skills & advanced P.F.D. use.