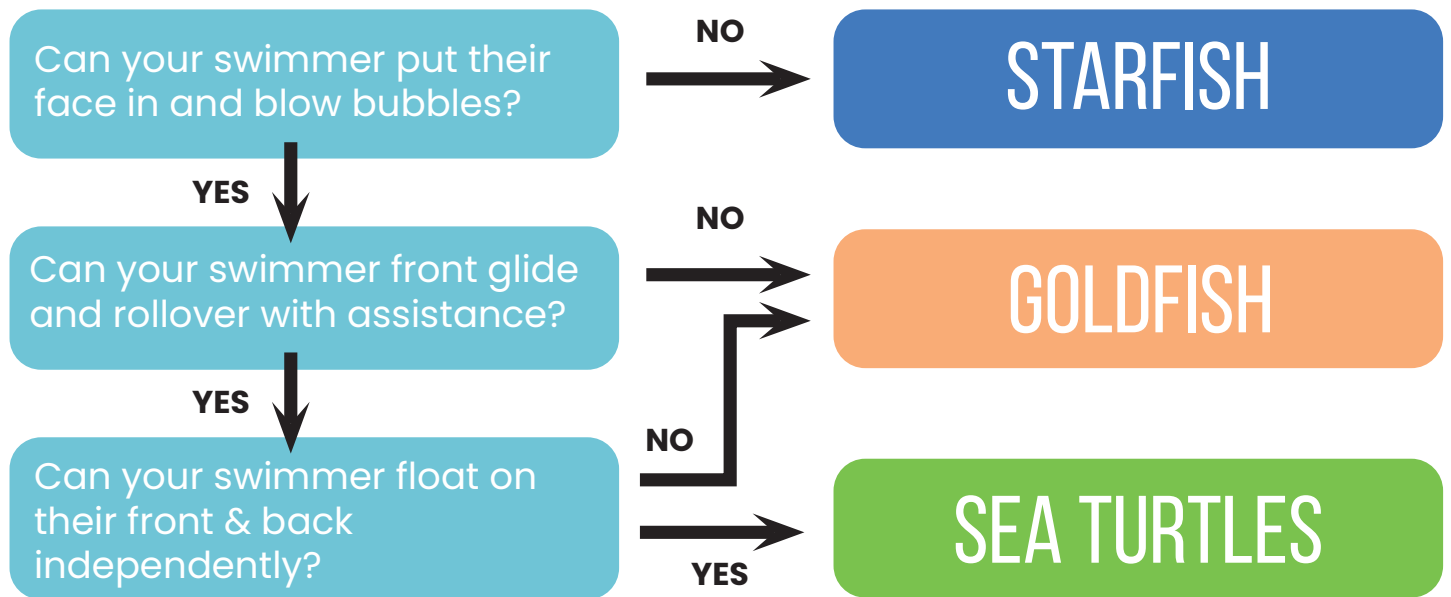
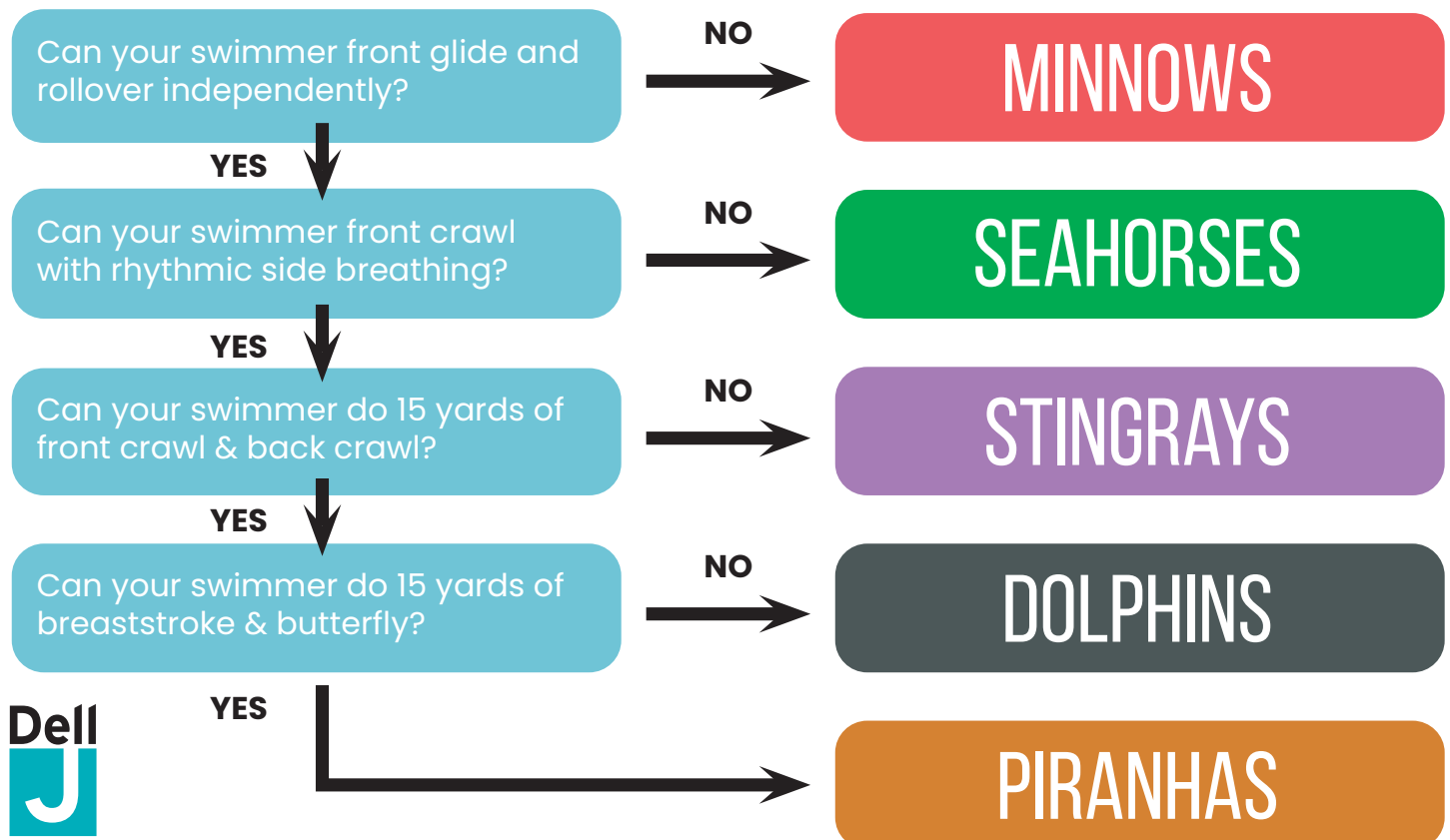


WHAT LEVEL IS MY SWIMMER?

EARLY CHILDHOOD *ages 3-5 years old*



SCHOOL AGED *ages 6-8 years old*



Swim Lesson Curriculum

STARFISH GOLDFISH SEA TURTLE

- Enter/Exit the pool independently
- Face submerge and blow bubbles, independently
- Float with assistance
- Glide with assistance
- Rollover with assistance
- Kick with assistance
- Paddle with assistance
- Front glide, independently
- Back float, independently
- Rollover, independently
- Front glide, independently
- Combined arm & leg actions on front & back with assistance
- Kick on front, independently
- Floating front & back, independently
- Front and back glide, independently
- Swim & rollover, independently
- Front crawl, independently
- Back crawl, independently
- Elementary backstroke, independently

MINNOWS SEAHORSE STINGRAY DOLPHIN

- Enter/Exit the pool, independently
- Face submerge and blow bubbles, independently
- Front glide, independently
- Back float, independently
- Rollover, independently
- Front glide, independently
- Combined arm & leg actions on front & back with assistance
- Kick on front, independently,
- Front & back glide
- Bob 5 times
- Swim & rollover, independently
- Front Crawl with side breathing
- Back Crawl
- Elementary Backstroke kicks
- Dolphin kicks
- Front Crawl with side breathing, 15 yards
- Back Crawl, 15 yards
- Elementary Backstroke, 15 yards
- Dolphin kick, 15 yards
- Scissor kick, 15 yards
- Breaststroke kick, 15 yards
- Breaststroke arms
- Front Crawl, 25 yards
- Back Crawl, 25 yards
- Elementary Backstroke, 25 yards
- Sidestroke
- Breaststroke, 15 yards
- Butterfly, 15 yards

Skills outlined under each class will be learned in that level.