



Swimming & Water Safety Lessons Levels & Descriptions

<u>Level</u>	<u>Age</u>	<u>Details</u>
Tiny Tadpoles 1*	6-23 months	It's never too soon to get the newest member of your family comfortable and safe in the water. This class requires a parent/guardian in the water, so wear your suit and be ready to have some fun with your little one! With the help of the parents, the instructor will use songs and activities to help your child become comfortable in the water. This class will cover the basics of kicking, pulling, conditioning, floating, grip strength and, most importantly, wall safety skills. Additionally, parents will receive valuable education on water safety.
Tiny Tadpoles 2*	24-36 months	This class requires a parent/guardian in the water, so wear your suit and be ready to have some fun with your little one! With the help of the parents, the instructor will introduce the basics of independent swimming which include: underwater conditioning, kicking, pulling, floating, and most importantly, wall safety skills. Additionally, parents and students will receive valuable education on water safety.
Mighty Minnow 1	3-5 years old	Children do not need any swim experience to participate in this class. In this class, students will practice how to safely enter and exit the pool while building confidence going underwater. With the assistance of the instructor, students will learn the basics of independent swimming, including kicking, pulling, and floating. Additionally, they will acquire essential, life-saving water safety knowledge and skills.
Mighty Minnow 2	3-5 years old	This class is designed for students who have successfully completed the Minnow 1 level. In this course, students will enhance their skills by practicing back and front floats, aiming to swim independently for a distance of 5 yards. Additionally, they will focus on mastering wall safety techniques and perfecting their rollovers from front to back and back to front.
Super Stingray 1: <i>Introduction to Aquatic Skills</i>	5+ years old	Children do not need any swim experience to participate in this class. In this class, participants will learn to back float, front float, open their eyes underwater, swim front crawl with their face in the water, roll over from front to back and back to front, and perform a basic backstroke. Throughout, they will also build essential water safety awareness skills.
Super Stingray 2: <i>Fundamental Aquatic Skills</i>	4+ years old	Designed for students who have successfully completed Minnow 2 -or- Stingray 1 level. Participants will enhance their front crawl and backstroke skills, including rotary breathing and rolling over from front to back and back to front. They will also develop breath control underwater. Students will be introduced to treading water, the breaststroke kick, front and back glides, and retrieving objects from the bottom of the pool with their eyes open.
Speedy Shark 1: <i>Stroke Development</i>	4+ years old	This class is designed for students who have successfully completed the Stingray 2 level. In this class, participants will improve their treading water, rotary breathing, and holding a back float for one minute. They will practice front crawl and backstroke for a goal of 15 yards. Additionally, they will learn flutter, dolphin, and breaststroke kicks, and will be able to push off in a streamline position on their front before beginning to kick.
Speedy Shark 2: <i>Stroke Improvement</i>	4+ years old	Designed for students who have successfully completed the Shark 1 level. Participants will practice swimming underwater, treading water for one minute, and performing the front crawl, breaststroke, backstroke, and butterfly for 25 yards each. Additionally, they will learn flutter and dolphin kicking on their back, pushing off in a streamlined position on their back before beginning to kick, and executing flip turns and finishes.

*Tiny Tadpoles 1 & 2 both require a parent/guardian in the water with their student.