









SWIM LEVELS AND SKILLS TAUGHT

 <p>PARENT & TOT</p>	<p>Ages 6 months – 3 yrs</p> <ul style="list-style-type: none"> • Introduction to pool safety • Face in the water • Bubble Blowing • Water Acclimation • Have Fun
 <p>Pike</p>	<p>Ages 3 –5 years</p> <ul style="list-style-type: none"> • Water Adjustment • Blowing Bubbles • Face in the Water • Going Underwater • Front Float (w/help) • Back Float (w/ Help) • Intro. To Arm Movement • Jump in & Return to Wall • Using Kickboards • Pool Rules & Safety • Pick Up Objects from Bottom Select, Put On, Take Off a PFD • Wearing a PFD, Paddle Stroke 5 Yds • Wearing a PFD, Kick on Back 5 Yds • Know ways to Protect Self from Sun Core Values... • Pass & Catch a Ball Know How to Ask & Yell for Help • Follow Directions • Listens to Instructions • Has Fun and is Confident
 <p>eel</p>	<p>Ages 3 –5 years</p> <ul style="list-style-type: none"> • Rhythmic Breathing • Front Float • Back Float • Going Underwater • Prone Glide w/ Kick • Back Glide w/ Kick • Intro. To Arms and Breathing • Jump in & Return to Wall • Turning on Front & Back • Pool Rules and Safety • Pick Up Objects from Bottom • Select, Put On, Take Off PFD • Jump in with PFD • Intro. To Elem. Back Arms • Intro. To Deep Water • Intro. To Diving • All Strokes 15 Yards • Huddle & Help Positions • Pass & Catch a Ball • Listens to Instructions • Has Fun and is Confident
 <p>RAYs</p>	<p>Ages 3 –5 years</p> <ul style="list-style-type: none"> • Rhythmic Breathing • Front & Back Float (1 min) • Arms w/ Rotary Breathing • Going Underwater • Intro. To Treading Water • Turning on Front and Back • Diving • Elem. Backstroke Arms • Elem. Backstroke Legs • Intro. To Back Crawl • Intro. To Breaststroke Arms/Legs • Pick Up Objects from Bottom • All Strokes 20 Yards • Surface Dive to Bottom • Intro. Sidestroke • Throw, Catch, and Dribble a Ball • Throwing & Reaching Assists • Huddle & Help Positions • Learn Emergency Procedures • Learn Accident Prevention • Has Fun and is Confident
 <p>Polliwogs</p>	<p>Ages 6 years and up</p> <ul style="list-style-type: none"> • Water Adjustment • Front Float w/ Help • Back Float w/ Help • Face in the Water • Intro. To Rhythmic Breathing • Intro. Arm Movements • Jump in & Return to Wall • Intro. To Kickboards • Select, Put on. & Take Off PFD • Pick Up Objects from Bottom • Pool Rules & Safety • Jump in Water w/ PFD • Learn Sun Protection • Core Values • Pass & Catch a Ball • Describe 2 Examples of Danger • Know How & When to Yell for Help • Huddle & Help Positions • Listens to Instructions • Follows Directions • Has Fun and is Confident
 <p>Guppies</p>	<p>Ages 6 years and up</p> <ul style="list-style-type: none"> • Rhythmic Breathing • Freestyle w/ Breathing • Front Float for 1 minute • Back Float for 1 minute • Elem. Backstroke Arms • Elem. Backstroke Legs • Elem. Backstroke Combined • Intro. Breaststroke • Intro. Sidestroke • Treading Water for 1 minute • Diving • Survival Floats • All Strokes 20 yards • Surface Dive to Bottom • Front & Back Somersault • Throw & Dribble a Ball • Throwing & Reaching Assistance • Learn Rescue Breathing • Learn Emergency Procedure • Learn Accident Prevention • Has Fun and is Confident
 <p>Minnows</p>	<p>Ages 6 years and up</p> <ul style="list-style-type: none"> • Rhythmic Breathing • Backstroke • Elementary Backstroke • Sidestroke • Breaststroke • Survival Floats • Treading Water for 2 minutes • Jump into Deep Water and Tread • All Strokes 25 yards • Synchronized Swimming • Diving (Standing) • Perform Throwing Assists • Perform Reaching Assists • Has Fun and is Confident • Surface Dive to Bottom • Front & Back Somersault • Throw & Dribble a Ball • Perform Rescue Breathing • Take Own Heart Rate • Know Boating Safety Rules • Play Water Polo for 5 minutes
 <p>Fish</p>	<p>Ages 6 years and up</p> <ul style="list-style-type: none"> • Freestyle (25 yards) • Backstroke (25 yards) • Elementary Backstroke (25 yards) • Sidestroke (25 yards) • Breaststroke (25 yards) • Survival Float (4 minutes) • Treading Water (5 minutes) • Intro. To Butterfly Stroke • Diving (Standing) • Synchronized Swimming • 10 min. Endurance Swim • Intro. To Flip Turns • Surface Dives (Head/Feet First) • Learn How to Treat Leg Cramps • Sculling • Play Water Polo for 5 minutes • Perform Rescue Breathing • Learn Accident Prevention • Know Boating Safety Rules • Use Fins Properly • Has Fun and is Confident