

## Swimming Lesson Levels

### **Tadpole: Infant/Preschool Class, Parents required to get in the pool with children.**

This program is designed for children from six months to five years of age. The program gives parents information and techniques to help orient their children to the water and to supervise water activities in a safe manner.

### **Guppy: Water Exploration**

This level allows for young children to become comfortable in a shallow aquatic environment while teaching proper water-safety procedures and behavior. Children learn the techniques for holding their breath underwater, blowing bubbles, front floats, and back floats. They will learn how to walk 5 yards maintaining their balance in chest deep water, fully submerge their face for 3 seconds, and enter and exit the water independently. Water games may be introduced.

### **Paddler: Primary Skills**

This level educates older children with the same principles taught to guppies while providing further swimming development in deeper water. In addition to perfecting the guppy skills, the children are shown how to perform the front and back glides and begin learning the techniques for freestyle arm movement and breathing. Jumping off the side of the pool in deep water may also be acquired. Water games and free time may be introduced.

### **Swimmer: Stroke Readiness**

This level starts younger children on the road to intermediate and advanced skills while maintaining an element of fun. Like the paddler, the swimmer develops the skills and timing/coordination needed in performing the freestyle stroke. Skills such as simultaneous breathing and arm movement are further developed. Also, the backstroke is introduced. Students will perform the front crawl with breathing to the front or side for 10 yards. The aspect of endurance swimming is emphasized and practiced. They will also practice the back crawl for 10 yards and dive from the side of the pool from kneeling and compact positions.

### **Minnow: Stroke Development**

This level focuses on endurance swimming that is essential to advanced swimming while refining previously learned strokes. New skills are also learned like the breaststroke kick, backstroke, front/back crawl, diving, and surface diving.