



SWIM LESSON DESCRIPTIONS

ADULT/CHILD

Angelfish (age 6–18 months, with an adult)

For children aged 6 months to 18 months who will be accompanied by a parent or other adult in the water. Water adjustment and basic skills development are emphasized as the instructor guides parents and children through this level.

SKILLS TO LEARN

- Enter and exit pool
- Holding positions
- Water toys
- Surface bobbing
- "Monkey grip" on side
- Kicking
- Head up front float
- Assisted back float
- Blow bubbles
- Face in water
- Head up front glide
- Assisted back glide
- Underwater exploration
- Arm movement—"reach and pull"
- Assisted position change

ADVANCEMENT SKILLS

- Age 18 months or older

Starfish (age 18 months–3 years, with an adult)

For children 18 months to 3 years old who will be accompanied by a parent(s) or other adult in the water. Fun, water adjustment, and basic skill development are emphasized as the instructor guides parents and children through this level.

SKILLS TO LEARN

- Enter and exit pool
- Holding positions
- Water toys
- Surface bobbing
- "Monkey grip" on side
- Kicking
- Assisted front float
- Assisted back float
- Blow bubbles
- Face in water
- Assisted front glide
- Assisted back glide
- Underwater exploration
- Arm movement - "reach and pull"
- Floatation
- Assisted position change
- Parent safety skills

ADVANCEMENT SKILLS

- Comfortable in water without an adult
- Ability to communicate clearly and follow directions



PRESCHOOL (AGE 3 OR OLDER)

Goldfish (age 3–5)

For the non-swimmer, age 3-5, comfortable in the water without a parent.

SKILLS TO LEARN

- Safely entering and exiting the pool
- Shallow water adjustment
- Bubble blowing through mouth and nose - 5 count
- Introduction to flutter kick
- Assisted front float
- Assisted back float with chin up, ears in water
- Assisted front glide with equipment - add kick
- Assisted back glide with equipment - add kick
- Entire head in water
- Bobs - fully submerged
- Assisted jump into shallow water

SAFETY SKILLS

- PFD - assisted back float
- Monkey Grip

ADVANCEMENT SKILLS

- Put entire face in the water, blow bubbles - 5 seconds
- Assisted front float - 5 seconds
- Assisted back float - 5 seconds
- 3 bobs - fully submerged

Penguin — Preschool (age 3–5) / Youth (age 6–14)

For the non-swimmer who can put their face in the water and blow bubbles.

SKILLS TO LEARN

- Bobbing
- Blow bubbles with the entire head in the water
- Shallow water adjustment: Entries, exits, open eyes, ears wet, bubble blowing
- Front float and recovery - knees to chest and stand up
- Front glide with kick
- Introduction to arm circles
- Back float - 5 count
- Back float and recover - knees to chest and stand up
- Assisted back glide
- Assisted back glide with kick (Preschool - 5 count, Youth - 10 count)
- Assisted jump in chest-deep water

SAFETY SKILLS

- Use of PFD - float on back, assisted to unassisted
- Bobbing to safety
- Assisted to unassisted rollover

ADVANCEMENT SKILLS

- Front float - unassisted - 5 seconds
- Front glide
- Front glide with a kick: Preschool - 5 feet, Youth 10 feet
- Back float - unassisted - 5 seconds



Otter — Preschool (age 3–5) / Youth (age 6–14)

Must be comfortable in the water and be able to do a front glide with a kick for 5 feet (preschool) or 10 feet (youth) and unassisted back floats.

SKILLS TO LEARN

- Review Advancement skills for Penguin
- Front crawl stroke without breathing
- Introduction to side breathing
- Front crawl with side breathing (Preschool 5 feet, Youth 10 feet)
- Back glide
- Back glide with kick (Preschool 5 feet, Youth 10 feet)
- Introduction to Backstroke
- Underwater exploration
- Jump into chest-deep water unassisted

SAFETY SKILLS

- Buddy system
- Arm/leg extension - assist from deck
- Throwing assist
- Unassisted turning over
- Bobbing to safety - from nose level to shallow water
- PFD - Jump in, rollover
- Finning and flutter kick on back

ADVANCEMENT SKILLS

- Front crawl without breathing (preschool 15 feet, youth 20 feet)
- Back glide with kick (preschool 10 feet, youth 15 feet)
- Side breathing on wall with arms
- Unassisted turning over

Seal - Preschool (age 3-5) / Youth (age 6-14)

Must be able to do back glides with kicking for 5 ft. (preschool) or 10 ft. (youth), Front Crawl with no side breathing for 10 ft. (preschool) or 15 ft. (youth), and five side breathing breaths with arms on wall.

SKILLS TO LEARN

- Review Advancement skills for Otter
- Front crawl with breathing (Preschool/Youth - 30 feet)
- Improve Backstroke (Preschool/Youth - 30 feet)
- Changing directions
- Deep water adjustment
- Underwater exploration - underwater glide, push from the wall
- Introduction to diving

SAFETY SKILLS

- PFD - Deep water
- Sculling
- Leg extension from wall
- Hazards in other aquatic environments - rivers and lakes
- Throwing assist

ADVANCEMENT SKILLS

- Front crawl with breathing (Preschool/Youth - 30 feet)
- Backstroke (Preschool/Youth - 30 feet)



YOUTH TO ADULT (AGE 6 OR OLDER)

Polar Bear - Youth (age 6-14)

Must be comfortable in deep water and be able to swim Front Crawl with arms and side breathing for 30 feet and Backstroke with arms for 30 feet.

SKILLS TO LEARN

- Review Advancement skills for Seal
- Improve Front Crawl with breathing - 50 feet
- Improve Backstroke - 50 feet
- Underwater exploration - deep water bobs
- Jump into deep water and level off
- Standing dive
- Demonstrate Elementary Backstroke
- Elementary Backstroke kick

SAFETY SKILLS

- Deepwater - reaching and throwing assists
- Changing directions in deep water
- Intro to treading water
- Improve sculling front and back
- Feet-first surface dive
- PFD/DEEP -H.E.L.P., huddle, cramp release, wear PFDs on a boat
- Hazards in aquatic environments - oceans, lakes
- Basic boating safety

ADVANCEMENT SKILLS

- Jump in deep water (5 feet or more) and swim Front Crawl with breathing - 50 feet
- Backstroke - 50 feet

Sea Lion - Youth (age 6-14)

Must be comfortable in the deep water and able to swim Front Crawl with side breathing for 50 feet and Backstroke for 50 feet.

SKILLS TO LEARN

- Review Advancement skills for Polar Bear
- Improve Front Crawl
- Improve Elementary Backstroke
- Introduction to Breaststroke kick
- Standing dive to long shallow dive/ diving safety
- Open turns - front and back

SAFETY SKILLS

- Bobbing in deep water
- Treading in deep water - 30 seconds (scissor kick, Breaststroke kick)
- PFD- Jump in and swim 45 feet
- Rescue breathing demonstration
- Personal Safety - hypothermia
- Feet first surface dive in deep water
- Lap swim etiquette

ADVANCEMENT SKILLS

- Front crawl - 25 yards
- Back crawl - 25 yards
- Elementary backstroke - 25 yards



Dolphin - Youth (age 6-14)

Must be comfortable in the deep water and be able to swim Front Crawl with side breathing for 25 yards, Backstroke for 25 yards, and Elementary Backstroke for 25 yards.

SKILLS TO LEARN

- Review Advancement skills for Sea Lion
- Improve Front Crawl, Backstroke and Elementary Backstroke
- Introduce Breaststroke
- 5-minute continuous swim using Front Crawl, Backstroke, Elementary Backstroke, and Breaststroke
- Introduction to Scissor kick
- Introduction to Butterfly kick
- Head first tuck surface dive
- Feet first surface dive, pick up object from the deep end of the pool. Challenge swimmers with different weights (keys, bricks)

SAFETY SKILLS

- PFD: put life jacket on while treading in deep water
- Adult CPR demonstration
- Safety medley: head-up Front Crawl 50 feet, recover object at 8 feet, tread water for 30 seconds
- Tread water 1 minute - introduction to egg-beater kick

ADVANCEMENT SKILLS

- Dive in, swim Front Crawl - 50 yards
- Backstroke - 50 yards
- Elementary Backstroke - 50 yards
- Breaststroke 50 yards

Park Shark - Youth (age 6-14)

Must be comfortable in the deep water and be able to dive into the pool and swim Front Crawl, Backstroke, and Breaststroke for 50 yards.

SKILLS TO LEARN

- Review Advancement skills for Dolphin
- Sidestroke with both Scissor and Inverted Scissor kick
- Butterfly
- 100-yard Individual Medley
- Surface dives (pike, tuck, feet first) - retrieve brick from 8 feet
- Improve Egg Beater kick
- Brick tread - 1 minute
- 10-minute swim using all strokes, except Butterfly
- Review open turns
- Flip turns - front and back
- Personal fitness (heart rate, lap swim etiquette)

SAFETY SKILLS

- Compact jump with rescue tubes, swim approach stroke - 25 yards
- Basic rescues with tube (front rescue, rear rescue)
- Personal safety (heat exhaustion, sunburn)
- Disrobing in the water (swimming with clothes)
- Review extension assists and throwing assists
- Personal safety (barriers and blood-borne pathogens)



- Diving safety
- Drugs / alcohol around water
- Sculling - arms overhead, feet first, figure-eight with hands
- Tread water - 3 minutes

ADVANCEMENT SKILLS

- Swim 100 yards of each: Front Crawl, Backstroke, and Breaststroke
- Sidestroke - 50 yards
- Butterfly - 25 yards
- Long shallow dive, swim 100 yards, Individual Medley
- Pike or tuck surface dive to 8 feet, underwater swim for 20 feet, surface, and tread water for 5 minutes
- Compact jump, approach stroke 10 yards with a rescue tube