

# SWIM CLASS DESCRIPTIONS

## Parent/Tot Program



### Cuttle Fish A

Ages: 6 mos-17 mos  
Prerequisites: Parent participation required

Skills Checklist:  
Infant skills:

- Exploring the pool with parent, holding positions
- Out of water and in water exploration with toys
- Blowing bubbles on surface
- Submerging mouth, nose, eyes
- Blowing bubbles with mouth submerged
- Underwater explorations
- Leg actions (kicks)
- Front float and back float with support
- Roll front to back, back to front with support
- Passing glide from parent to instructor, instructor to parent
- Arm movement, front position, combined with kicking

### Cuttle Fish B

Ages: 18 mos-35 mos  
Prerequisites: Parent participation required

Skills Checklist: Toddler skills-

- Enter water in seated position, roll over from seated position, slide in
- Jump in from side
- Bobbing
- Underwater exploration (eyes open)
- Retrieving objects below the water surface
- Kick up to surface
- Front glide to parent and from parent to wall
- Passing with kicks from instructor to parent
- Front glide, drifting with breathing
- Changing positions, vertical to front and vertical to back float
- Arm movement on back, finning combined with kicking
- Exit independently at side of pool or using ladder or stairs

## Preschool Program Ages 3-5

### Clown Fish Level 1

Prerequisites: No swimming skills required. Parent participation optional. Student must be able to take direction from instructor.

Skills Checklist:

- Exploring the pool in shallow water
- Blowing bubbles on surface
- Submerging mouth, nose, and eyes
- Combining bubbles with submerged mouth, nose and eyes
- Underwater exploration with eyes open
- Bobs (10X)
- Front float with support
- Back float with support
- Front glide
- Kicking on front with support
- Back glide
- Kicking on back with support
- Front glide and recover to vertical position
- Back glide and recover to vertical position
- Alternating arm movements on front
- Basic water safety rules
- Wear a lifejacket on deck and enter shallow water



### Jelly Fish Level 2

Prerequisites: Clown fish skills and able to take direction from the instructor.

Skills Checklist:

- Pool entries (seated, slide in)
- Blow bubbles through mouth and nose
- Fully submerged bobs with controlled bubbles
- Open eyes underwater and retrieve submerged objects
- Front float with support and unsupported
- Back float with support and unsupported
- Roll from front float to back float with support
- Front glide with flutter kick
- Back glide with flutter kick-arms at side
- Combined arm and leg action on front crawl
- Combined arm and leg action on back crawl
- Freestyle and recover to vertical position
- Introduction to finning
- Basic water safety rules
- Lifejacket float



### Balloon Fish

Level 3

Prerequisites: Jelly Fish skills

Skills Checklist:

- Pool entries (slide in, jump in, sit dive assisted)
- Rhythmic bobbing with controlled breath (10X)
- Fully submerged and retrieve objects from bottom of pool
- Front float without support
- Back float without support
- Front glide with kick, streamline body
- Back glide with kick
- Freestyle arms with flutter kick (5 yds)
- Back stroke arms with flutter kick (5 yds)
- Introduction to side breathing
- Treading water with arm and hand action
- Basic water safety rules
- Float face up in shallow water with lifejacket on 1 minute



### Flying Fish Level 4

Prerequisites: Balloon Fish skills

Skills Checklist:

- Unassisted sit dive
- Freestyle with side breathing and flutter kicks (15 yds)
- Back stroke (15 yds)
- Elementary back stroke (15 yds)
- Introduction to breast stroke arms
- Introduction to breast stroke kicks
- Introduction to scissor kicks and sidestroke
- Introduction to butterfly kick
- Jump into deep water
- Compact dive in deep water from side of pool
- Kneeling dive in deep water from side of pool
- Tread water in deep water with arm and leg actions
- Basic water safety rules
- Jump into deep water with lifejacket on
- Demonstrate H.E.L.P position (1 minute)
- Demonstrate Huddle position (1 minute)



### Tang Fish Level 5

Prerequisites: Flying Fish skills

Skills Checklist

- Unassisted pool entries (jump in deep water from side of pool, sitting dive, kneeling dive, compact dive)
- Freestyle with flutter kick (20 yds)
- Backstroke with flutter kick (20 yds)
- Elementary Backstroke (20 yds)
- Breaststroke (15 yds)
- Sidestroke with scissor kick (5 yds)
- Push off in streamline position then flutter kick for 2 body lengths
- Push off in streamline position on back then kick on back for 2 body lengths
- Push off in streamline position then begin dolphin kick for 2 body lengths
- Introduce Butterfly arms
- Butterfly kick and body motion (5 yds)
- Tread water for 30-60 seconds with arm and leg action
- Feet first surface dive in 5 ft
- Survival Float on back (30 secs)
- Rules for safe diving



## Youth Program Ages 6-12

### Sea Turtle Level 1

Prerequisites: No swimming skills required

Skills checklist:

- Demonstrate safe pool entry and exit (slide in, steps, ladder)
- Submerge head and exhale underwater through mouth and nose
- Open eyes underwater
- Pick up submerged objects underwater
- Bobs with controlled exhales
- Front float (supported and unsupported)
- Back float (supported and unsupported)
- Front float for 3 seconds, roll to back and back float for 3 seconds
- Front glide with flutter kick
- Back glide with flutter kick
- Roll over from front glide to back glide
- Roll over from back glide to front glide
- Freestyle with arms and legs actions (5 yds)
- Back stroke with arm and leg actions (5 yds)
- Discuss basic water safety rules
- Demonstrate proper use of a lifejacket



### Sting Ray Level 2

Prerequisites: Sea turtle skills and comfortable in the water

Skills Checklist:

- Pool entry (jump in, compact dive assisted in deep water)
- Rhythmic bobs (10X)
- Retrieve objects from bottom of pool (shallow water)
- Freestyle with side breathing (10 yds)
- Back stroke (10 yds)
- Elementary backstroke
- Sidestroke
- Breaststroke pulls
- Breaststroke kicks
- Sculling arm action
- Finning arm action
- Treading water with arm and leg action
- Introduction to egg beater kicks
- Move in water while wearing a lifejacket
- H.E.L.P position
- Huddle position



### Seal Level 3

Prerequisites: Sting Ray skills (or Flying Fish skills mastered)

Skills Checklist:

- Pool entries (jump in deep water from side of pool, sitting dive, kneeling dive, compact dive)
- Push off in streamline position then begin flutter kick
- Push off in streamline position on back then begin kicking
- Push off in streamline position then begin dolphin kick
- Freestyle with side breathing (15 yds)
- Back stroke with flutter kicks (15 yds)
- Breaststroke (15 yds)
- Butterfly kick and body motion (5yds)
- Introduction to butterfly arms
- Egg beater kicks and arm sculling
- Tread water with arm and kick action (30 seconds -1 minute)
- Survival float on back (30 seconds in deep water)
- Feet first surface dive
- Rules for safe diving
- H.E.L.P position (1 minute)
- Huddle position (1 minute)



### Dolphin Level 4

(Offered only in summer)

Prerequisites: Seal skills

Skills Checklist:

- Freestyle with side breathing and flutter kicks (25 yds)
- Back stroke with flutter kicks (25 yds)
- Breaststroke (25 yds)
- Elementary Back stroke (25 yds)
- Butterfly (15 yds)
- Tread water with egg beater kicks (1 minute)
- Swim underwater (3 body lengths)
- Open turn on front and swim 2 body lengths
- Open turn on back and swim 2 body lengths
- Swim on side with scissor kicks (15 yds)
- Dive in deep water from stride position (race dive)
- Feet first surface dive in deep water



### Orca Level 5

(Offered only in summer)

Prerequisites: Dolphin skills

Skills Checklist:

- Freestyle with side breathing (50 yds)
- Back stroke (25 yds)
- Elementary Back stroke (25 yds)
- Breaststroke (25 yds)
- Butterfly (25 yds)
- Tread water (2 minutes)
- Flip turn on front and swim 2 body lengths
- Flip turn on back and swim 2 body lengths in 1 continuous motion
- Sidestroke (25 yds)
- Dive in deep water from stride position (racing dive)
- Race start with streamline
- Tuck surface dive and pike surface dive



### Great White Level 6

(Offered only in summer)

Prerequisites: Orco skills

Skills Checklist:

- Freestyle with side breathing (1 breath every 3rd stroke) with flip turns (100 yds)
- Back stroke with flip turns (100 yds)
- Elementary backstroke (50 yds)
- Breaststroke pull down
- Breaststroke with two hand touch turns (50 yds)
- Butterfly, breathing every other stroke, with two hand touch turns (100 yds)
- Tread water with legs only, no hands (50 yds)
- Tread water with arms (3 minutes)
- Sidestroke (50 yds)
- Swim continuously 500 yards with combination of any strokes
- Retrieve a diving brick from 8-10 feet deep water

