

Beginner Skills

Barnacle - The Child:

- Enjoys water with parent or instructor holding him/her
- Gets in the water with parent/ instructor without crying and being frightened
- Tolerates water being gently splashed on head/face

Starfish - The Child:

- Sits in the water on the steps unassisted, enjoys kicking and splashing
- Puppy Paddles with instructor providing support
- Flutter kicks with instructor providing support
- Glides on stomach and kicks, being slowly pulled through the water by the instructor
- Kicks on back, being slowly pulled through the water by the instructor
- Blows bubbles in the water
- Gets face entirely wet

Guppy - The Child:

- Holds breath and puts face in the water while holding the edge of the pool
- Holds breath and floats for 5 seconds
- Floats on back with assistance from instructor, putting head back in water, 5 seconds
- Uses the swim board to kick forward to instructor for 6 feet
- Puppy Paddles for 5 seconds without assistance
- Holds breath and goes underwater
- Bobs up and down, taking breath and then blowing it out when underwater
- Jumps into the pool to the instructor

Intermediate Skills

Seahorse - The Child:

- Practices rotary breathing both in and out of water
- Practices front crawl strokes both in and out of water
- Combines front crawl, kick and rotary breathing
- Jellyfish floats for 15 seconds
- Treads water for 30 seconds
- Back floats for 15 seconds
- Glides and kicks with face in the water for 6 feet to instructor
- Kicks on back for 6 feet
- Jumps on the pool unassisted

Advanced Skills

Dolphin - The Swimmer:

- Demonstrates the front crawl with rotary breathing for the length of the pool
- Treads water for 2 minutes
- Floats on back for 2 minutes
- Jumps onto the deep end of the pool
- Dives from the edge of the pool

Reef Shark - The Swimmer Demonstrates:

- Front crawl with rotary breathing for two lengths of the pool without stopping
- One length of the pool of Breaststroke, Sidestroke, Backstroke and Butterfly
- Racing and springboard dives
- Ability to swim underwater for 20 feet and pick up a dive ring