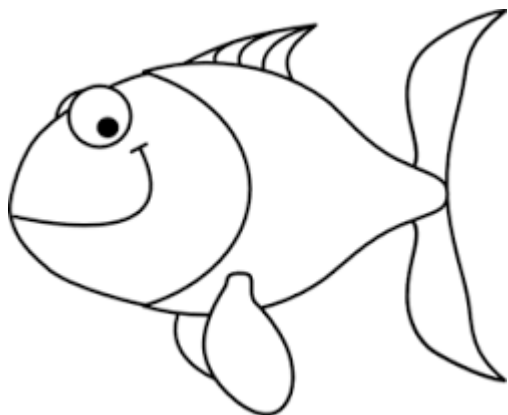


Level 1

Goldfish: 3 to 5 Years Old



Bubbles

Put Face in Water

Assisted Front Float

Assisted Back Float

Assisted Front Glide

Assisted Back Glide

Flutter Kick

Assisted Front Glide w/ Kick

Assisted Back Glide w/ Kick

Intro to Front Crawl Arms

Homework – Washing Face at Home

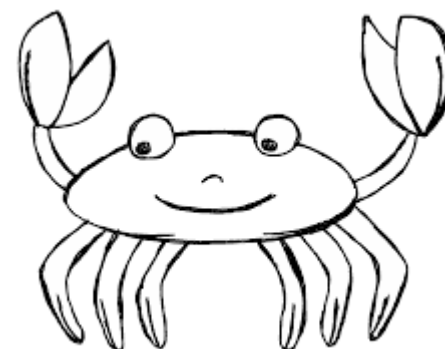
Read and Explain Pool Rules

Assisted Back Float with Life Jacket

Mon/Wed – 4:00-4:40pm . Sat – 9:00-9:30am

Level 2

Crab: 3 to 5 Years Old



Bubbles

Entire Head Under Water

Assisted to Unassisted Front Float: 5 Seconds

Assisted to Unassisted Back Float: 5 Seconds

Assisted to Unassisted Front Glide: 5 Feet

Assisted to Unassisted Back Glide: 5 Feet

Assisted to Unassisted Front Glide w/ Kick: 5 Feet

Assisted to Unassisted Back Glide w/ Kick: 5 Feet

Assisted Front Crawl: 5 Feet

Assisted Rollover

Bobbing w/ Head Fully Submerged

Jump Into Chest Deep Water

Homework – Kicks w/ Pointed Toes

Read and Explain Pool Rules

Back Float in Life Jacket

Mon/Wed – 4:40-5:10pm . Tu/Th – 3:00-3:30pm

Sat – 9:40-10:10am

Level 3

Penguin: 6 Years Old and Up



Bubbles

Entire Head Under Water

Bobbing w/ Rhythmic Breathing

Assisted to Unassisted Front Float: 10 Seconds

Assisted to Unassisted Back Float: 10 Seconds

Assisted to Unassisted Front Glide: 10 Feet

Assisted to Unassisted Back Glide: 10 Feet

Assisted to Unassisted Front Glide w/ Kicks: 10 Feet

Assisted to Unassisted Back Glide w/ Kicks: 10 Feet

Intro to Front Crawl

Assisted to Unassisted Rollover

Assisted to Unassisted Jump Into Chest Deep Water

Homework – Practice Big Arm Circles

Safety Skill – Read and Explain Pool Rules

Safety Skill – Reaching Assist w/ Noodle

Tu/Th – 3:40-4:10pm . Sat 10:20-10:50am

Level 4

Otter: 6 Years Old and Up



Assisted to Unassisted Front Crawl w/o Breathing – 15 Feet

Side Breathing on the Wall – 5 Breaths

Introduction to Backstroke

Elementary Backstroke Kick

Bobbing to Safety – Deep to Shallow Water

Underwater Exploration

Jump Into Chest Deep Water

Sitting Dives

Homework - Practice Side Breathing

Safety Topic - Diving Safety

Safety Topic – Reaching Assist w/ Tube

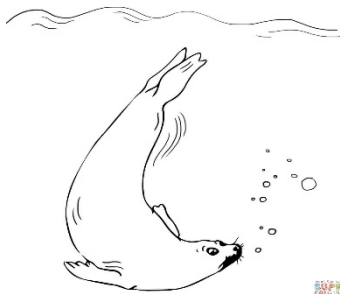
Safety Topic – Life Jacket Safety

Mon/Wed – 5:20-5:50pm . Tu/Th – 5:00-5:30pm

Sat – 11:00-11:30am

Level 5

Seal: 6 Years Old and Up



Front Crawl w/ Side Breathing – 30 Feet

Back Crawl w/ Bent Arm Pull – 15 Feet

Elementary Backstroke – 15 Feet

Breaststroke Kick w/ Kick Board – 15 feet

Deep Water Adjustment – Comfortably Swim $\frac{1}{2}$ Length in Lap Pool

Dolphin Kick w/ Kick Board – 15 Feet

Underwater Exploration – Deep Water

Kneeling Dives

Safety Topic – Diving Safety

Safety Topic – Treading Water Options

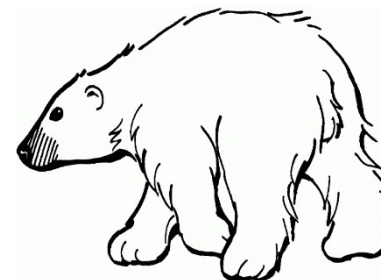
Safety Topic – Reaching Assist w/ Tube

Mon/Wed – 6:00-6:30pm . Tu/Th – 4:20-4:40pm

Sat – 11:40am-12:10pm

Level 6 – Lap Pool

Polar Bear: 6 Years Old and Up



Front Crawl w/Breathing – 1 Length of Lap Pool

Backstroke w/Bent Arm Pull – 1 Length of Lap Pool

Introduction to Breaststroke Arms

Introduction to Butterfly Arms

Open Turns

Jump Into Deep Water and Level Off

Feet First Surface Dive

Safety Topic – Diving Safety

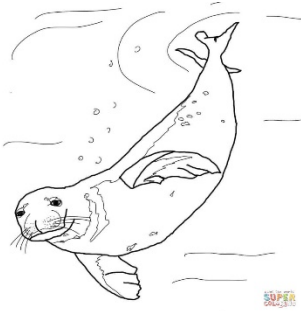
Safety Topic – Treading Water: 30 Seconds

Safety Topic – Throwing Assist w/ Ring Buoy

Private lessons only due to state guidance

Level 7 – Lap Pool

Sea Lion



Front Crawl w/Side Breathing – 2 Lengths of Lap Pool

Backstroke – 2 Lengths of Lap Pool

Breaststroke – 1 Length of Lap Pool

Butterfly – ½ Length of Lap Pool

Flip Turns

Bobbing in Deep Water

Compact Dives

Safety Topic – Diving Safety

Safety Topic – Treading Water: 1 Minute

Safety Topic – Throwing Assist w/ Ring Buoy

Private lessons only due to state guidance