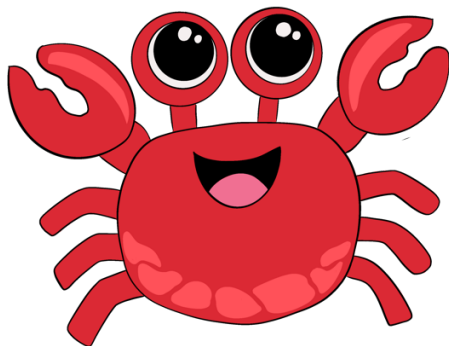


**Preschool Aquatics**

*The following swim levels and skills are a broad outline of what your child's swim lesson may look like. Please keep in mind this may not specifically go in this order. An introduction to new skills will be applied how the instructor sees fit for the swimmer(s) ability. Levels are not by age, only ability.*

1

**Level One: Hermit Crab**

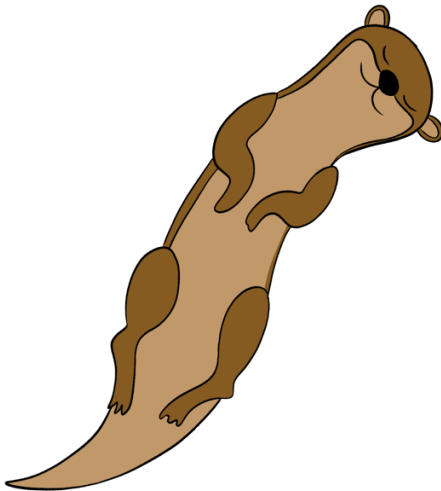
- Review previous level.
- Entering water by stepping in from the stairs.
- Review getting wet with toys & kicking.
- Focus on straight leg kicks (Ballerina kicks).
- Underwater exploration (looking for rings, semi-assisted, stand up go under to get the ring, stand back up).
- Introduction to Front Floats (semi-assisted).
- Back floats (semi-assisted, 10 seconds).
- Intro. Front glide from stairs with noodle (assisted, student is swimming towards the instructor, then grabs noodle).
- Freestyle ("ice cream scoops") into the wall, grab wall (assisted).
- Freestyle ("ice cream scoops") into the stairs, stand up (assisted).
- Combined arm & leg actions on front (face submerged, assisted, 4 strokes).
- Intro to swimming from wall to the instructor (semi-assisted).
- Swim-float-swim (X2 rotation, assisted).
- "Spider man" crawl on the wall, return to ladder or stairs.
- Recovering from horizontal swimming to vertical (standing) position on stairs (semi-assisted).
- Jumping in & return to wall (semi-assisted).

## Level Two: Turtle



- Review from previous level.
- Intro to using kickboard (assisted).
- Retrieve submerged objects (2 ft. of water, independently).
- Front float review (3-5 seconds assisted).
- Back floats (10-15 seconds semi-assisted).
- Front glide; swimming from stairs to instructor
- Swimming from wall to the instructor (semi-assisted).
- Focus on straight leg kicks (Ballerina kicks.
- Freestyle (3-5 “ice cream scoops” at a time, face submerged, Combined arm & leg actions, towards instructor, semi assisted).
- Swim-float-swim (X2 rotation, semi-assisted).
- Recover from swimming (into the stairs) to a vertical position (standing up) independently.
- Intro to Swim-float-swim away from the instructor, towards stairs (semi-assisted).
- Intro to play breathing with backpack aid or noodle (assisted).
- Intro to play breathing with flippers (picking head up, breath with head up, return to swimming, semi assisted).
- Intro to monkey on the wall, let go, swim, return to wall. (assisted)
- Intro to Jump in, float, swim, & return to wall (semi-assisted)
- Introduction to streamline/dive (swim through hula-hoop in streamline position from stairs to instructor).
- Intro to fall in, float, call for help.
- Practice exiting water using ladder, steps, and wall (independently).

## Level Three: Otter



- Review previous levels.
- Fully submerged, holding breath, and “diving” for toys (2-3 ft. depth, independently).
- Kick with kickboard (semi-assisted).
- Focus on straight leg kicks (Ballerina kicks.
- Front float (5-7 seconds independent).
- Back float (10+ seconds, independent).
- Swim-float-swim (2-3x rotation, independent, towards instructor).
- Arm & leg action on front (kicking & scoops, unassisted 5-10 yards).
- Intro to changing direction of travel while swimming on front or back (U-turn swimming). ie: jumping in getting a floating ring and returning to the stairs (assisted).
- Play breathing with backpack aid or noodle, retrieve a toy and swim back to safety. (independently, 10-15 yards).
- Monkey on wall, let go, swim, return to wall. (independent)
- Play breathing with flippers (independent, 10-15 yards).
- Jump in, float, swim, & return to wall (independent).
- Swim-float-swim away from the instructor (independent).
- Intro to final check off skills. (listed in Pre-school level four).
- Introduce; fall in, float, call for help.
- Introduction to diving through hula-hoop (from the pool deck, assisted).

## Level Four: Mermaid



- Review previous levels.
- Enter & exit water using ladder, steps, or side (independently).
- Retrieve submerged objects independent (diving down 3-5ft).
- Kicking with board (unassisted).
- Back float (20+ seconds, unassisted).
- Front float (face submerged. Independently, 5-10 seconds).
- Swim-Float-Swim (20-25 yards, unassisted).
- Recover from swim to a vertical position (swim to stairs & stand up independently).
- Simultaneous leg & arm actions on front 10-15 yards independently).
- Final Test: Spin & toss by instructor, must find safety with back float & play breathing combined independently. (Fully clothed & shoes on optional).
- Jumping in, Swimming full length of the pool without the instructor in the water (combination of play breathing, and back floats to get to safety).
- Completing a swim with no goggles.
- Continue refining dives off pool deck (semi-assisted).

