

GROUP SWIMMING LESSONS

01 SHRIMP: PARENT AND CHILD

(6-24 MONTHS)

- Enter and exit water with parents
- Front and back float
- Get face wet and blow bubbles
- Kick on front and back and use equipment
- Arm movements in the water, on front

02 PERCH: PARENT AND CHILD

(24-36 MONTHS) RATIO 8:1

- Blow bubbles and bob
- Front float 5 seconds with assistance
- Back float 5 seconds with assistance
- Paddle and kick with assistance
- Jump in and return to wall with assistance

03 PIKE 1: BEGINNER

(AGES 3-5) RATION 5:1

- Submerge to eyes and blow bubbles
- Enter and climb out of the pool on own
- Front and back float for 5 seconds with support and assistance
- Kick with equipment on front and back with assistance
- Fin on back for 5 seconds

03 PIKE 2: BEGINNER

(AGES 3-5) RATIO 5:1

- Front and back float with assistance
- Submerge head 5 times and open eyes
- Front and back glide, 5 feet
- Finn on back, 15 feet with assistance
- Jump in and climb out

04 EEL 1: INTERMEDIATE

(AGES 3-5) RATIO 5:1

- 5 consecutive submersions
- Front and back glide with equipment, without assistance
- Finn on back, 15 feet with equipment, without assistance
- "Tiger arms" with equipment, 15 feet
- Kick on front and back with assistance

04 EEL 2: INTERMEDIATE

(AGES 3-5) RATIO 5:1

- Front and back float for 15 seconds, independently
- Front and back glide, 2 body lengths, kick w/ equipment
- Kick with equipment 30 feet, independently
- Fin with alternating arms and kick for 30 feet w/ assistance
- "Tiger arms" with kicking at surface 15 feet w/ assistance

05 RAY 1: ADVANCED

(AGES 3-5) RATIO 5:1

- Tread water for 15 seconds with assistance
- Front Crawl with rhythmic breathing, 30 feet
- Turn from front to back
- Sit dive and paddle under water with symmetrical arms, 10 feet
- Backstroke with arms out of water 30 feet

05 RAY 2: ADVANCED

(AGES 3-5) RATIO 5:1

- Jump in and swim under water 3 body lengths

- Front crawl, 20 yards
- Backstroke, 20 yards
- Swim, float, swim (Swim on front, turn float on back, return to swim)
- Tread water 15 seconds, independently

06 STARFISH: SWIM TEAM LEVEL

(AGES 3-5) RATIO 8:1

- Front crawl, 2 lengths
- Continue to work on rotary breathing
- Backstroke, 2 lengths
- Learn stream line position
- Breaststroke pull with flutter kick

07 POLLIWOG 1: BEGINNER

(AGES 6-9) RATIO 6:1

- 5 full submersions
- Front and back float 10 seconds with assistance
- Jump in and climb out
- Finn on back with assistance, 10 feet
- Front and back glide with equipment, 10 feet



GROUP SWIMMING LESSONS CONTINUED

07 POLLIWOG 2: BEGINNER

(AGES 6-9) RATIO 6:1

- 10 deep water bobs
- Front and back float 10-30 sec. without assistance
- Front and back glide on own
- Finn on back 30 ft. with equipment
- "Tiger arms" with kicks 15 feet

08 GUPPY 1: INTERMEDIATE

(AGES 6-9) RATIO 7:1

- Tread water with equipment 10-15 seconds
- Jump in, swim under water 3 body lengths w/ symmetrical arms
- Front crawl with rhythmic breathing, 15 feet
- Back crawl 15 feet with arms out of water
- Kneel dive or retrieve object from the bottom of the pool

08 GUPPY 2: INTERMEDIATE

(AGES 6-9) RATIO 7:1

- Front crawl with rotary breathing, 20 yards
- Backstroke with rotation, 20 yards
- Breaststroke arms with breathing, 30 feet
- Whip kick on front with equipment, 30 feet
- Standing dive or somersault

09 MINNOW 1: ADVANCED

(AGES 6-9) RATIO 7:1

- Tread water for 30 seconds
- Front crawl with rotary breathing, 2 lengths
- Backstroke, 2 lengths
- Breaststroke, 30 feet
- Butterfly kick, 30 feet

09 MINNOW 2: ADVANCED

(AGES 6-9) RATIO 7:1

- Front crawl, 4 lengths
- Back crawl, 4 lengths
- Breaststroke, 1 length, pull, breath, kick, glide
- Butterfly, 15 feet
- Tread water 1 minute

10 FISH 1: ADVANCE

(AGES 6-12) RATIO 7:1

- Front Crawl, 6 lengths
- Backstroke, 6 lengths
- Breaststroke, 2 lengths with pull, breath, kick, glide
- Butterfly, 1 length
- Tread water 2 minutes, with hands up for 1 minute

10 FISH 2: ADVANCE

(AGES 6-12) RATIO 6:1

- 100 Individual Medley
- 200 Front Crawl
- Butterfly, 1 length, with open turn and swim to flags
- Breaststroke, 4 lengths with open turns and breaststroke pull out
- How to take pulse

11 SHARK: SWIM TEAM LEVEL

(AGES 6-12) RATIO 10:1

- 200 Individual Medley
- Front and back flip turns
- "Swim Team" Start
- Read a pace clock
- Target heart rate



Instructional or Competitive Private Swimming Lessons

We offer individual private lessons or semi-private for 2-3 people. You can sign up for one lesson at a time or save money by signing up for lessons in groups of four.