

# Swim Class Descriptions

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## **SKIPS I** 6 months to 2 years

Learn kicking and doggie paddle with the use of a bubble.

## **SKIPS II** 2-3 years

Kicking and early stroke development and independence on the bubble.

## **TADPOLES** 2-3 years

Transition with recommendation from Skips II instructor required. Parent is in the water for part of the session.

## **PIKE** 3-5 years

Gain confidence, learning kicking and doggie paddle with use of a bubble. Goals: Become comfortable in the water and swim independently with the use of a bubble.

## **EEL I** 3-5 years

Completed Pike or can swim 30 feet with a bubble on. Begin freestyle, rotary breathing, and elementary backstroke. Goals: Swim 20 feet without a bubble with their face in the water.

## **EEL II** 3-5 years

Completed Pike, Eel I or can swim 20 feet. without a bubble with their face in the water; begin freestyle, rotary breathing & elementary backstroke. Goals: Swim 20 meters their arms out and face in the water.

## **RAYS** 3-5 years

Completed Eel skills or can swim 20 meters with their arms out and face in the water. Continue work on freestyle, rotary breathing, perfect elementary backstroke and introduction to diving. Goal: Swim 20 meters of freestyle with rotary breathing and be able to swim 25 meters independently.

## **STARFISH** 3-5 years

Completed Rays or can swim 20 meters of freestyle with rotary breathing and be able to swim 25 meters independently. Work on perfecting rotary breathing, elementary backstroke and backstroke. Introduces breaststroke. Goals: 50 meter endurance swim.

## **POLLIWOG I** 6-12 years

For beginners, children new to swim lessons. Working on water adjustment and introduction to freestyle. Goal: swim with arms out and face in the water for 15 meters.

## **POLLIWOG II** 6-12 years

Completed Polliwog I or can swim with arms out and face in the water for 15 meters. Continue working on elementary backstroke and introduce backstroke. Goal: Swim 25 meters independently.

## **GUPPY** 6-12 years

Completed Polliwog II or able to swim 25 meters of freestyle with rotary breathing. Works on endurance as well as technique for freestyle, backstroke and elementary backstroke. Goals: Swim 25 meters of freestyle with rotary breathing and 100 meters of mixed stroke.

## **MINNOW** 6-12 years

Completed Guppy or able to swim 25 meters of freestyle with rotary breathing and 100 meters of mixed stroke. Continue working on endurance as well as stroke refinement in freestyle, backstroke and elementary backstroke. Breaststroke kick is introduced. Goals: Swim 50 meters of freestyle, backstroke and elementary backstroke.