

Parent/Child and Preschool Swim Lessons

Level	Max in Class	Ages	Pre-Requisite Skills	Skill Goals
Shrimp, Kipper, Inia	12 with adult	6-18 months	Can control head and sit without support	Water acclimation and adaptation
Perch I	12 with adult	19-30 months	Child can run and jump	Water acclimation and adaptation
Perch II	12 with adult	30-36 months	2 1/2 year olds can separate from trusted adult	Paddle and flutter kick on front/side/back
Pike with Parent	12 with adult	3-6 years	Uncomfortable in water	Paddle and flutter kick on Front/Back/Side for 15 yards with floatation, Front paddle stroke 5 feet without floatation, Submerge 1 time, Jump in with assistance
Pike	6	3-6 years	Uncomfortable in water but can separate from trusted adult to swim with instructor	Paddle and flutter kick on Front/Back/Side for 25 yards with floatation and 15 feet without floatation, submerge and exhale while bobbing, perform rhythmic breathing
Eel	6	3-6 years	Front/Back glide, Jump in with assistance	Free/Back/Side stroke for 25 yards with floatation Free/Back/Side stroke for 20 feet without floatation Submerge and exhale when bobbing, rhythmic breathing
Ray	6	3-6 years	Rhythmic breathing, can swim 1/2 width of 6 lane pool horizontally on front, side, back	Free/Back/Side stroke for 25 yards with floatation Free/Back/Side stroke for 20 feet without floatation Elementary Back stroke/Breast stroke for 25 yards with floatation
Starfish	6	3-6 years	No floatation devices, Can swim length of the pool using both Free and Back strokes	Free/Back/Side stroke for 25 yards Elementary Back/Breast stroke for 25 yards

Youth Swim Lessons

Level	Max in Class	Ages	Pre-Requisite Skills	Skill Goals
Polliwog	6	6 and Up	Blows bubbles, uncomfortable in water	Free/Back/Side stroke for 25 yards with flotation Free/Back/Side stroke for 20 feet without flotation
Guppy	8	6 and up	25 yards with horizontal body position, straight legs. No flotation, goes underwater Front paddle with face in and rhythmic breathing	Free/Back/Side stroke for 25 yards Rudimentary Elementary back/Breast Stroke with arm and leg motions for 25 yards
Minnow	8	6 and up	Free/Back/Side stroke for 25 yards Elementary back/Breast Stroke with arm and leg motions for 25 yards	Back Stroke for 25 yards, Free style for 50 yards, Rudimentary side stroke for 25 yards, Rudimentary Breast stroke and Elementary Back stroke for 25 yards
Fish	10	7 and up	Free stroke for 50 yards, Back and Side stroke for 25 yards, Rudimentary Breast and Elementary Back stroke for 25 yards	Free/Back stroke for 100 yards with open turns, Side stroke for 50 yards with scissor kick and glide, Butterfly for 25 yards with and without fins, Breast stroke for 25 yards and Elementary Back for 100 yards with glide
Flying Fish	10	7 and up	Free/Back stroke for 100 yards with open turns, Side stroke for 50 yards with scissor kick and glide, Butter fly for 25 yards with and without fins, Breast stroke for 25 yards and Elementary Back for 100 yards with glide	Refining strokes, endurance, flip turns, Lifesaving side stroke for 50 yards, Free style for 200 yards, Back stroke for 100 yards, Elementary Back stroke for 100 yards with glide, Side stroke for 100 yards with glide, Butterfly for 25 yards and perform 100 individual medley
Shark	10	7 and up	200 yards of Free/Back/Brest/Side stroke, 50 yards of Butterfly, flip turns	Trudgeon crawl for 50 yards, 200 individual medley, overarm sidestroke, inverted breast. Build endurance up to 500 yards