

Learn to Swim Levels and Skills

Water Exploration – Ages 6 – 36 months. Relax and enjoy the water through the use of songs, games and activities. (Accompanied by an adult).

Water Tots – Ages 2 – 4 years old. Have fun and learn basic swimming skills. The final two lessons break out into smaller groups to work on parent-child independence. (Accompanied by an adult). **Previous participation in Water Exploration is required.*

1. Guppies

- Demonstrates independence from parent/guardian
- Safely participates in class, sits on wall or holds onto wall
- Takes turns
- Listens to instructor and comprehends
- Submerges mouth, nose, & eyes in water
- Blow bubbles
- Goes underwater with instructor (not forced)
- Relaxes in a front float with assistance
- Relaxes in a back float with assistance
- Jumps to instructor in shallow water (4ft)

2. Minnows

- Safely enters and exits the water alone
- Follows directions from instructor
- Goes under water by themselves (bobs)
- Blows bubbles under water
- Holds breathe when going under water
- Kicks with straight legs through water with kick stick
- Paddles arms through water with support (beginning freestyle)
- Front floats with less support (5 seconds)
- Back floats with less support (5 seconds)
- Front glide with partial support
- Back glide with partial support
- Jumps to instructor in shallow water (4ft)

3. Jellyfish

- Submerges independently (5-7 bobs without holding nose)
- Masters kicking (flutter) on front with kick stick
- Masters kicking (flutter) on back with kick stick
- Floats on front independently (5 seconds)
- Floats on back independently (5 seconds)
- Front glides off wall at surface (face in water)
- Back glides off wall at surface (arms at side)
- Jumps off side in deep water without floatation device and returns to surface and side with minimal assistance

4. Seahorse

- Freestyle (5-7 strokes)
- Backstroke (5-7 strokes)
- Rolls from front to back while kicking (rotary breathing)
- Performs Elementary Backstroked arms and legs (2-3 cycles)
- Practices dolphin body movement
- Safety skill: Resting float on back, roll over and swim
- Safety skill: Treading water with support
- Understands “Throwing Assist” Concept (Lifeguard Skill)

5. Lionfish

- Performs Freestyle with side breathing (to blue line)
- Performs Backstroke (to blue line)
- Performs Elementary Backstroke (5 cycles)
- Demonstrates Breaststroke kick on front (3 cycles)
- Performs a sitting or knelling dive
- Safety skill: Treading water (30-45 seconds)

6. Dolphin

- Freestyle with rotary breathing (25 yards)
- Backstroke (25 yards)
- Breaststroke sequence (pull-breathe-kick-glide) (to blue line)
- Butterfly (arms, kick, and breathing) (to blue line)
- Kneeling or standing dive

7. Beluga

- Performs simple swim set (4x25, 1 of each stroke)
- Masters underwater pull for Breaststroke
- Performs Butterfly stroke (to blue line)
- Performs under water streamline push off
- Introduction to flip turns
- Masters standing shallow dive



For more information about the Learn-to-Swim Program contact

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