



# Share the joy of swimming!



## 7-level program for children 4 months to 5 years of age



### Starfish

4 to 18 months

An introductory class for babies and their parent or caregiver. To enter this level, babies must be able to hold their head up. The goal of this orientation to water class is to experience buoyancy, movement, entries, and songs and play in the water.



### Duck

18 to 30 months

For toddlers or older babies with a parent or caregiver. Toddlers build confidence while enjoying the water through games, songs and active water play.



### Sea Turtle

30 to 36 months (parented)

3 to 5 years (unparented)

A transitional level for preschoolers and their parents. Parents can gradually transfer the preschoolers to the care of the Instructor, or, for children 3-5 years old who have not previously taken swimming lessons, Sea Turtle is where they will enter the program. This level develops skills in swimming, glides, and floating and builds awareness of deep water and safe entries.



### Salamander

3 to 5 years

Preschoolers actively learn new swimming skills including assisted floats and glides through games and songs. The fun includes learning to jump into chest deep water.



### Sunfish

3 to 5 years

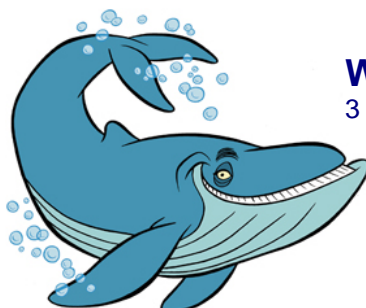
Assisted by an Instructor, preschoolers work on stroke and skills progressions. Learning also focuses on good judgement in, on and around the water, and entries and floats in deep water.



### Crocodile

3 to 5 years

Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Swimmers learn about the dolphin kick and try synchro skills in the water.



### Whale

3 to 5 years

In Whale, children will learn to swim independently and participate in team games. Preschoolers will increase their distance and improve skills in front and back swims. Swimmers also learn about throwing assists to help another person in the water.

During **Starfish** and **Duck** levels, the parent or caregiver will participate in the classes together with their child.

**Sea Turtle** level (30 to 36 months) can provide a transition where parents can gradually leave their preschooler with the Instructor.

**Progression** for these lower levels is based on participation and age.

**Sea Turtle** (3 to 5 years), **Salamander**, **Sunfish**, **Crocodile**, and **Whale** levels can be unparented – the children will be with the Instructor at all times.

**Progression** for those 5 upper levels: preschoolers aged 3 to 5 move through levels based on skill evaluation.