



Starfish (formerly Beginning Preschool)

For beginning swimmers ages 3 to 5

Skills

Adjustment to water
Blowing Bubbles
Straight Leg Kicks
Submerge and Blow Bubbles
Torpedoes Front and Back

Introduce

Wall Positions
Back and Front Float
Flip and Float
Flip and Float



Frogs (formerly Advanced Preschool)

For swimmers ages 3 to 5 and having completed Starfish

Skills

Back Float with Push from the Wall
Front Float with Push from the Wall
Streamline Front and Back Glide
Backstroke

Introduce

Treading Water
Bring objects off of Bottom
Side-Glide Kicks



Turtles (formerly Level 1)

For swimmers ages six and up with no previous experience

Skills

Adjustment to water
Blowing Bubbles
Ten Consecutive Bobs
Back and Front Floats

Introduce

Wall Positions
Streamline
Flip and Float
Straight Leg Kicks



Seahorses (formerly Level 2)

For swimmers ages six and up with no previous experience

Skills

Back Float with Push
Front Float with Push
Streamline Glide Front and Back
Flip and Float
Torpedoes front and Back

Introduce

Treading Water
Bring objects up from bottom
Side Glide Kick
Back Stroke

Skills

Side Glide Kick 10 meters
Crawl Stroke 10 meters
Side Breathing 10 meters
Backstroke 10 meters
Freestyle 10 meters

Introduce

Bilateral Breathing
Breast Kick
Dolphin Kick
Bent elbow pull Backstroke



Penguins (formerly Level 3)

Skills

Bilateral freestyle 25 meters
Backstroke 25 meters
Breaststroke 10 meters
Elementary Backstroke 10 meters
Side stroke 10 meters

Introduce

Diving Progression
Freestyle flip turn
Dolphin Kick
Backstroke Flip turn

Skills

Freestyle 50 meters
Backstroke 50 meters
Breaststroke 25 meters
Butterfly 10 meters
Elementary Backstroke 25 meters

Introduce

Freestyle Flip turn
Backstroke Flip turn
Breast/Fly Turns
Diving
IM 100 meters



Sharks (formerly Level 5)

Skills

Freestyle 100 meters
Backstroke 100 meters
Breaststroke 50 meters
Butterfly 25 meters

Continued Work

Diving from board
Turns
Side Stroke
Elementary Backstroke
Treading Water



Dolphins (formerly Level 6)



Orcas (formerly Level 7)

The Orca level is a continuation of Dolphins. The main focus of this level is to increase the swimmer's endurance and to correct any remaining stroke issues.