



SWIM LESSON SKILL LEVELS

Water Bugs:

The Water Bugs class is a parent-child class designed for children 6 months to 18 months old. This class develops swimming readiness by teaching the children how to have fun in the water. It also shows the parents how to help the child grow with their water skills. The Water Bugs class is a splash and play program with beginner water experience to allow the child to gain confidence in the pool.

Little Tykes:

The Little Tykes class is for children 19 months to 36 months old. In this parent-child class children advance their water skills and become independent and safe in the pool. Underwater, independence and safety skills are taught in the class allowing the child to build on their confidence in the water.

Tadpole:

Purpose: Orientation to aquatic life. Create a sound foundation for aquatic and safety skills.

Skills Developed:

- Supported floating and kicking on front and back
- Alternating arm action on front
- Blowing bubbles in water
- Submerging face in water
- Water safety skills

Skills required to advance out of level Tadpole:

- Comfortable in water
- Good listener
- Sense of safety
- Submerged face for 3 seconds
- Jumping off side

Pollywog:

Purpose: Expand on fundamental aquatic skills.

Skills Developed:

- Unsupported floating and kicking on front and back
- Doggy paddle with face submerged in water
- Introduce elementary backstroke arms
- Introduce diving – Sitting dive from side
- Water safety skills

Skills required to advance out of level Pollywog:

- Confidence and independence in water
- Strong doggy paddle 12 ½ yards unassisted
- Float on back for 10 seconds unassisted
- Back swim 12 ½ yards unassisted
- Bobbing 10 times

Guppy:

Purpose: Increase swimming skills.

Skills Developed:

- Kicking in streamline position on front and back
- Introduce freestyle arms
- Introduce rhythmic breathing – one breath per cycle
- Introduce backstroke arms
- Elementary backstroke arms and legs
- Kneeling dive from side
- Treading Water

Skills required to advance out of Guppy:

- Strong doggy paddle 25 yards – shallow end and deep end unassisted – no fear or apprehension
- Freestyle with rhythmic breathing 25 yards unassisted
- Backstroke 25 yards unassisted
- Elementary backstroke 25 yards unassisted
- Tread Water for 45 seconds
- Kneeling dive from side

Minnow:

- **Purpose:** Develop confidence and competency in aquatic and safety skills beyond preceding levels.

Skills Developed:

- Kicking in streamline position on front and back
- Introduce rotary breathing - breathing to the side
- Further development of freestyle, backstroke and elementary backstroke
- Standing dive from side
- Treading Water

Skills required to advance out of Minnow:

- Freestyle with rotary breathing 25 yards non-stop
- Backstroke 25 yards non-stop
- Elementary backstroke 25 yards non-stop
- Tread water for 90 seconds
- Standing dive from side

Barracuda:

Purpose: Continued refinement of freestyle, backstroke and elementary backstroke. Introduction of breaststroke, butterfly and competitive starts and turns.

Skills Developed:

- Freestyle with rotary breathing
- Continued refinement of backstroke and elementary backstroke
- Introduction of butterfly and breaststroke
- Introduction of competitive starts and turns

Skills required to advance out of Barracuda:

- Freestyle with rotary breathing 50 yards non stop
- Backstroke and elementary backstroke 50 yards non-stop
- Breaststroke and butterfly kick 25 yards
- Breaststroke and butterfly swim 25 yards non stop

Water Works:

Granite Falls is offering a flexible fitness swim program for children ages 8 to 12 years old. The program will help the swimmer with the 4 competitive strokes of swimming while allowing them to focus on stroke development and aerobic conditioning in a non-competitive environment. This will serve as a follow-up for the Summer League swimmer and help those individuals interested in swimming but with limited time commitment. Classes are 1 hour long.