

Program	Description
Salamander	Child is 3-5 yrs old, put face in water move and float w/ assistance, transitional level, 30 min.
Sunfish	Child is 3-5 yrs old, work on strokes and skills progressions; entries and floats in deep water, 30 min.
Crocodile	Child is 3 - 5 yrs old, independent glides and kicking in deep water; build endurance by distance swims, 30 min.
Whale	Child is 3 - 5 yrs old, swim independently and participate in team games, improve front and back swim skills, 30 min.
Level 1	Child is 6 yrs old; entry level orientation to the water; introduces floats and glides with kicks, 30 min.
Level 2	Second orientation level, builds skills in front and back swims; introduction to deep water activities, 30 min.
Level 3	Introduction to front crawl; diving is introduced; work on floats and changing direction; 15m swim, 30 min.
Level 4	Front crawl, back glide and shoulder roll for back crawl are further developed; 25m swim, 30 min.
Level 5	Back crawl is introduced; sculling skills and whip kick on back; safe boating skills, dolphin kick, 50m swim, 45 min. (note new time)
Level 6	Elementary backstroke is introduced; safety on ice, throwing assists, treading water, front dive, 75m swim, 45 min.
Level 7	Introduces whip kick on the front, builds skills for front crawl, airway & breathing obstructions, 150m swim, 45 min.
Level 8	Introduction to breaststroke, foot first surface dives, & rescue entries, dolphin kick endurance, 300m swim, 45 min.
Level 9	Refinement of front crawl, back crawl, elementary backstroke and breaststroke, standing dives, 400m swim, 60 min.
Level 10	Introduction of butterfly, refinement of strokes, head-first & feet-first shallow dives, sun safety, 500m swim, 60 min.
Sea Otter	Child is 3—5yrs and has not previously taken swim lessons. Sea Otter is where they will enter the program. Using games and activities, swimmers learn to open their eyes under water, develop basic floats and glides, and swim 1 meter. They will also learn age appropriate water safety skills.