

**FAMILY WELLNESS SWIM SCHOOL** is perfect for swimmers 6 months old to adults. With our 4:1 ratio of swimmers to instructor (6:1 in Parent/Baby and Parent/Child) you will be certain to learn and have fun!



#### Parent/Baby Skills to Pass

- Enters water with parent assistance
- Indicators of holding breath when going under
- Blows bubbles
- Reaches for toys
- Supported front float
- Supported back float
- Fully submerges under water with assistance
- Independently kicks legs when given the signal

#### Parent/Child Skills to Pass

- Enters water with parent assistance
- Holds breath when under water
- Blows bubbles
- Reaches for toys
- Supported front float
- Supported back float
- Fully submerges under water with assistance
- Independently kicks legs when given the signal
- Independent movement with kicking – 4 feet

#### Level 1: Guppy Skills to Pass

- Enter and exit water independently
- Water safety rules
- Independently puts face underwater
- Independently grabs object from below water surface with face underwater.
- Front float with instructor assistance – 5 seconds
- Back float with instructor assistance – 5 seconds
- Blows Bubbles: Stationary exhale underwater & inhale above water to both sides – “Talk to the fish, listen to the fish.”
- Any form of alternating leg movements, stationary or while moving through water (Intro to flutter kicking)
- Independent forward movement on front with face in the water 4 feet

#### Level 2: Starfish Skills to Pass

- Independent jump into pool and return to pool side with instructor assistance.
- Water safety rules
- Retrieve object from pool bottom at 3 ½ feet deep with instructor assistance
- Independent Front Float – 5 seconds
- Independent Back Float – 10 seconds
- Stationary exhale underwater and inhale above water to both sides 5 times – talk to the fish, listen to the fish
- Independent flutter kick on back 5-yard (legs are mostly straight, not moving like pedaling a bicycle)
- Flutter kick with rollover from front to back and back to front while traveling 5 yards with instructor support or floatation device (legs mostly straight, not moving like pedaling a bicycle)

#### Level 3: Froggie Skills to Pass

- Independent jump and exit from deep water (over the student's head)
- Elementary backstroke arms with flutter kick 10 yards
- Stationary sculling – proper hand movement and positioning
- Independently retrieve object from pool bottom at 3 ½ feet deep
- Underwater on front horizontal wall push-off, glide, and kick 2.5 yards
- Independent flutter kick on front with alternating arm movements 5 yards
- Independent flutter kick with rollover from front to back and back to front while traveling 10 yards
- Independent flutter kick on back 10 yards
- Kicking on back with alternating arm movements and instructor assistance or with floatation device - 5 yards

#### Level 4: Turtle Skills to Pass

- Elementary back stroke 12 yards
- Tread water 30 seconds
- Retrieve multiple objects from pool bottom at 3 ½ feet deep
- Underwater on front horizontal wall push-off, glide, and kick 5 yards
- Front crawl with side breathing 12 yards (ability to breathe to both sides)
- Flutter kick on back 12 yards
- Backstroke 12 yards
- Breaststroke kick on back 5 yards

#### Level 5: Otter Skills to Pass

- Elementary backstroke 25 yards
- Tread water 1 minute
- Retrieve multiple objects off pool bottom in 4 ½ feet deep water
- Forward somersault with instructor assistance
- Underwater on front horizontal wall push-off, glide, and kick 5 yards and transition to swimming on the surface
- Front crawl with side breathing 25 yards (ability to breathe to both sides)
- Backstroke 25 yards
- Breaststroke kick on front – bilateral symmetry with feet wider apart than knees
- Breaststroke arms – scull out, scull in and keep hands in front of shoulders
- Dolphin kick – legs and feet must kick together

#### Level 6: Seal Skills to Pass

- Scissors kick 25 yards
- Flip turn for front crawl
- Rollover stroke and flip turn for backstroke
- Underwater on back horizontal wall push-off, glide, kick 5 yards and transition to swimming on the surface
- Front crawl with bilateral side breathing and turn at wall 50 yards
- Backstroke with turn at wall 50 yards
- Continuous swimming with any combination of front crawl, backstroke, and breaststroke 150 yards
- Breaststroke 25 yards
- Dolphin kick on front 15 meters (pause to breathe as necessary)
- Dolphin kick on back 15 meters
- Timing of butterfly arms, breathing, and kick

#### Level 7: Shark Skills to Pass

- Sidestroke 25 yards
- Swim 20 yards, grab brick from pool bottom and kick on back with brick back to starting point
- Tread water two minutes, one minute is without use of arms
- Open turns for breaststroke and butterfly
- Front crawl with flip turns and bilateral breathing 100 yards
- Individual medley 100 yards
- Backstroke with flip turns and underwater kicking 100 yards
- Continuous swimming with any combination of freestyle and breaststroke 300 yards
- Breaststroke with open turn 50 yards
- Dolphin kick on front and back 15 meters, with at least 5 yards underwater
- Butterfly 25 yards