

Pre 1 Ages 3-6 – Skills to pass

Component	Bobs	Front float w/ assistance	Kicking on front w/ assistance	Back float w/ assistance
Breathing & Timing	They need to be exchanging air; bubbles under water and take a breath when they come up; they need to do this 3 times in a row to pass	Blowing bubbles, face in the water for 3 seconds	Blowing bubbles	N/A
Head & Body Position	Forehead should be pointed towards floor; They should also be able to leave their face in the water for 3 seconds	Forehead pointed down to the floor; face in water	Forehead down in the water; (When using barbells, have them stretch arms out in front and put face in). They can also practice this skill on the mat	Head is relaxed – nose pointed up at ceiling; body should be lying in a flat position. Student MUST be comfortable lying on their back for 3 seconds; teaching students the roll over recovery to their front
Legs	N/A	Long legs stretched out in back; push hips up, legs up	Legs should be kicking at or near the surface; bent leg is OK	Longs legs
Arms	N/A	Long arms stretched out in front; should be able to reach for the wall-stairs- platform on their own	Stretched out in front	Can either be out to their sides or down by their legs; do not let them grab you

Pre 1 classes do not go in the deep end

Limit use of lifejackets to two days

Pre 2 Ages 3-6 – Skills to pass

Component	Kicking on front	Back float	Kicking on back	Roll over recovery
Breathing & Timing	Blowing bubbles	They need to do a roll-over to front recovery unassisted	They need to do a rollover to front recovery unassisted	Bubbles when face is in water, take a breath when they roll over
Head & Body Position	Forehead should be pointed at floor; This helps to leave their legs up at the surface	Nose pointed up at ceiling, belly up and hips up; position them at the wall – belly on wall, ears back in the water. As they leave the wall, DO NOT allow them to push off with their legs, this causes them to go underwater. They should be able to float independently for 3 seconds	Nose pointed up at ceiling; belly up and hips up; position them at the wall – belly on wall, ears back in the water. As they leave the wall, DO NOT allow them to push off with their legs, this causes them to go underwater. They should be able to float independently for 3 seconds	When on front, forehead should be pointed down to the floor; When on back, nose should be pointed up at the ceiling. Body should be in a “flat position” at or near the surface; They need to do the roll at least once to pass to Pre 3
Legs	Legs should be kicking at or near the surface; should be mostly straight, but a bent leg is OK	Long legs stretched out in front; push hips up	Legs should be kicking at or near the surface; bent leg is OK	Should be kicking the entire time; bent leg is OK; legs should be at or near surface
Arms	Stretched out in front	Should be down by their legs	Stretched out in front	N/A; they can use them to help spin them around

* Deep water should be introduced at this level. Get them acclimated to the deep end – go short distances with kicking on front and back; teach them to jump in and roll over onto their back for recovery.

Be sure to educate students about jumping away from the wall, we have had some students turn towards wall as they are jumping in and they hit their face on the wall.

NO JUMPING FROM THE STARTING BLOCK

Pre 3 Ages 3-6 – skills to pass

Name	Tall arms w/ “L” breathing; slight roll to back is OK	Kicking on back	Backstroke	Elementary backstroke – Intro to	Intro to Dolphin kick
Breathing and Timing	Bubbles underwater, take a breath at each turn	Exchanging air	Exchanging air	Exchanging air; when putting arms and legs together, tell kids that the feet follow the hands	Bubbles underwater, breath when lifting head
Head and body position	Forehead down; slight roll to back when breathing is OK	Hips up; head relaxed in water	Hips up; head relaxed in water	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops; chin down to neck, scoop forward
Legs	Legs provide supportive kick	Propulsive; kick at or near surface; teach to flex feet	Propulsive; kick at or near surface; flex (flipper) feet	Heels to their back; knees stay in middle – feet flex out	Together; follow motion of head
Arms	Arms remain in L position when taking a breath	N/A	Touch leg, reach up for ceiling, brush ear; long arms	Tickle, T, Push; hands do not go past shoulders	N/A

Deep water skills

- Surface dives (pike dive – reach for knees – push hips up – hands go down)
- Intro to swimming underwater
- Kneeling dives
- Standing dives

Pre 4 Ages 3-6 – skills to pass

Name	Crawl stroke	Backstroke	Elementary backstroke	Intro to Dolphin kick	Intro to Breaststroke kick and breathing
Breathing and Timing	Bubbles underwater, take a breath at each turn; Breath every 3 rd stroke	Exchanging air	Exchanging air; when putting arms and legs together, tell kids that the feet follow the hands	Bubbles underwater, breath when lifting head	“breath-kick-breath-kick”; remind students it is one breath per stroke
Head and body position	Forehead down; ear in water; no rolling onto back	Hips up; head relaxed in water	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops; chin down to neck, scoop forward	Forehead is pointing up; body position is slightly angled down
Legs	Legs provide supportive kick; kick at the surface	Propulsive; kick at or near surface; flex (flipper) feet	Heels to their back; knees stay in middle – feet flex out – long legs push together	Together; follow motion of head	Knees bend to floor – (hips push down); Feet flex out – knees stay towards middle – feet grab water and legs push together straight
Arms	Arms remain in L position when taking a breath; arms consistent with water exit; long arms	Touch leg, reach up for ceiling, brush ear; long arms	Tickle, T, Push; hands do not go past shoulders. Long arms out on the T, strong push down to the legs	N/A	N/A

Deep water skills

- Intro to treading water; 30 seconds by the end of class
- Standing dives - Surface dives

Pre 5 Ages 3-6 - skills to pass

Name	Crawl stroke	Backstroke	Elementary backstroke	Butterfly	Breaststroke
Breathing and Timing	Bubbles underwater, take a breath at each turn; Breath every 3 rd stroke	Exchanging air	Exchanging air; when putting arms and legs together, tell kids that the feet follow the hands	Bubbles underwater, breath when lifting head	1 breath per stroke; pull and breath – kick and glide; the glide is the most often forgotten
Head and body position	Forehead down; ear in water; no rolling onto back; slight body roll	Hips up; head relaxed in water	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops; chin down to neck, scoop forward	Forehead is pointing up; body position is slightly angled down
Legs	Legs provide supportive kick; kick at the surface	Propulsive; kick at surface; flex (flipper) feet	Heels to their back; knees stay in middle – feet flex out – long legs push together	Together; follow motion of head	Knees bend to floor – (hips push down); Feet flex out – knees stay towards middle – feet grab water and legs push together straight
Arms	High elbows; roll shoulders	Touch leg, reach up for ceiling, brush ear; long arms; roll shoulders	Tickle, T, Push; hands do not go past shoulders. Long arms out on the T, strong push down to the legs	Arm circles; pull down to legs – reach out to the front	Hands draw a circle around the head; scoop bowl of ice cream – hands go together and reach forward

Deep water skills

- treading water; 1 minute by the end of class
- Standing dives - Surface dives

Puddle Jumpers 1 – ages 2 ½ -3 ½

Recommend Parent Tot program at least once prior to enrolling the in the Puddle Jumpers 1 class; this will increase their comfort in the water and get them familiar with the facility and working in a class setting.

Only take Puddle Jumpers 1 once (unless your child is having trouble adjusting to working with the instructor).

Parent is in for up to the first 4 lessons and the child completes the reset of the session with the instructor only.

SKILLS TAUGHT: Water entry and exiting unassisted, blowing bubbles, aquatic breathing, submersion, assisted front floating, assisted back floating, assisted front glides, kicking assisted and unassisted with chin in water. Jumping in assisted and unassisted.

Puddle Jumper 2 Ages 2 ½ to 4 – Skills to pass

(+ need to be 3 year old or close to 3 years old to go into the Pre School level classes)

Component	Bobs	Front float w/ assistance	Kicking on front w/ assistance	Back float w/ assistance
Breathing & Timing	They need to be exchanging air; bubbles under water and take a breath when they come up; they need to do this 3 times in a row to pass	Blowing bubbles, face in the water for 3 seconds	Blowing bubbles	N/A
Head & Body Position	Forehead should be pointed towards floor; They should also be able to leave their face in the water for 3 seconds	Forehead pointed down to the floor; face in water	Forehead down in the water; (When using barbells, have them stretch arms out in front and put face in). They can also practice this skill on the mat	Head is relaxed – nose pointed up at ceiling; body should be lying in a flat position. Student MUST be comfortable lying on their back for 3 seconds; teaching students the roll over recovery to their front
Legs	N/A	Long legs stretched out in back; push hips up, legs up	Legs should be kicking at or near the surface; bent leg is OK	Longs legs
Arms	N/A	Long arms stretched out in front; should be able to reach for the wall-stairs- platform on their own	Stretched out in front	Can either be out to their sides or down by their legs; do not let them grab you

Puddle Jumpers classes do not go in the deep end

Youth 1 Ages 5 and up– Skills to pass

Component	Kicking on front	Back float	Kicking on back	Roll over recovery
Breathing & Timing	Blowing bubbles	They need to do a roll-over to front recovery unassisted	They need to do a rollover to front recovery unassisted	Bubbles when face is in water, take a breath when they roll over
Head & Body Position	Forehead should be pointed at floor; This helps to leave their legs up at the surface	Nose pointed up at ceiling, belly up and hips up; position them at the wall – belly on wall, ears back in the water. As they leave the wall, DO NOT allow them to push off with their legs, this causes them to go underwater. They should be able to float independently for 3 seconds	Nose pointed up at ceiling; belly up and hips up; position them at the wall – belly on wall, ears back in the water. As they leave the wall, DO NOT allow them to push off with their legs, this causes them to go underwater. They should be able to float independently for 3 seconds	When on front, forehead should be pointed down to the floor; When on back, nose should be pointed up at the ceiling. Body should be in a “flat position” at or near the surface; They need to do the roll at least once to pass to Youth 2
Legs	Legs should be kicking at or near the surface; should be mostly straight, but a bent leg is OK	Long legs stretched out in front; push hips up	Legs should be kicking at or near the surface; bent leg is OK	Should be kicking the entire time; bent leg is OK; legs should be at or near surface
Arms	Stretched out in front	Should be down by their legs	Stretched out in front	N/A; they can use them to help spin them around

* Deep water should be introduced at this level. (just on the other side of the drop off). Get them acclimated to the deep end – go short distances with kicking on front and back; teach them to jump in and roll over onto their back for recovery. Be sure to educate students about jumping away from the wall, we have had some students turn towards wall as they are jumping in and they hit their face on the wall. **NO JUMPING FROM THE STARTING BLOCK**

Youth 2 Ages 5 and up – skills to pass

Name	Tall arms w/ “L” breathing; slight roll to back is OK	Backstroke	Elementary backstroke; Skill is new	Intro to Kneeling Dives
Breathing and Timing	Bubbles underwater, take a breath at each turn	Exchanging air	Exchanging air; when putting arms and legs together, tell kids that the feet follow the hands	N/A
Head and body position	Forehead down; slight roll to back when breathing is OK	Hips up; head relaxed in water	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops; chin down to neck
Legs	Legs provide supportive kick	Propulsive; kick at or near surface; flex (flipper) feet	Heels to their back; knees stay in middle – feet flex out	Last to go in water
Arms	Arms remain in L position when taking a breath	Touch leg, reach up for ceiling, brush ear; long arms	Tickle, T, Push; hands do not go past shoulders	Arms go over ears, stack hands in front; hands remain in front; hands are the first to enter the water

Deep water skills

- Intro to kneeling dives
- Jump in deep end, float on back for 3 seconds and return to wall unassisted

Youth 3 Ages 5 and up – skills to pass

Name	Crawl stroke	Backstroke	Elementary backstroke	Intro to Dolphin kick	Intro to Breaststroke kick and breathing
Breathing and Timing	Bubbles underwater, take a breath at each turn; Breath every 3 rd stroke	Exchanging air	Exchanging air; when putting arms and legs together, tell kids that the feet follow the hands	Bubbles underwater, breath when lifting head	“breath-kick-breath-kick”; remind students it is one breath per stroke
Head and body position	Forehead down; ear in water; no rolling onto back	Hips up; head relaxed in water	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops; chin down to neck, scoop forward	Forehead is pointing up; body position is slightly angled down
Legs	Legs provide supportive kick; kick at the surface	Propulsive; kick at or near surface; flex (flipper) feet	Heels to their back; knees stay in middle – feet flex out – long legs push together	Together; follow motion of head	Knees bend to floor – (hips push down); Feet flex out – knees stay towards middle – feet grab water and legs push together straight
Arms	Arms remain in L position when taking a breath; arms consistent with water exit; long arms	Touch leg, reach up for ceiling, brush ear; long arms	Tickle, T, Push; hands do not go past shoulders. Long arms out on the T, strong push down to the legs	Both hands start out in front, pull down to legs; time arms with head scoops	N/A

Deep water skills

- Intro to treading water; 30 seconds by the end of class
- Kneeling dives - Surface dives

Youth 4 Ages 5 and up - skills to pass

Name	Crawl stroke	Backstroke	Elementary backstroke	Butterfly	Breaststroke
Breathing and Timing	Bubbles underwater, take a breath at each turn; Breath every 3 rd stroke	Exchanging air	Exchanging air; when putting arms and legs together, tell kids that the feet follow the hands	Bubbles underwater, breath when lifting head	1 breath per stroke; pull and breath – kick and glide; the glide is the most often forgotten
Head and body position	Forehead down; ear in water; no rolling onto back *Flip turns are introduced at this level	Hips up; head relaxed in water	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops; chin down to neck, scoop forward	Forehead is pointing up; body position is slightly angled down
Legs	Legs provide supportive kick; kick at the surface	Propulsive; kick at surface; flex (flipper) feet	Heels to their back; knees stay in middle – feet flex out – long legs push together	Together; follow motion of head	Knees bend to floor – (hips push down); Feet flex out – knees stay towards middle – feet grab water and legs push together straight
Arms	Arms remain in L position when taking breath; high elbow recovery; shoulder roll	Touch leg, reach up for ceiling, brush ear; long arms; Shoulder roll	Tickle, T, Push; hands do not go past shoulders. Long arms out on the T, strong push down to the legs	Arm circles; pull down to legs – reach out to the front; coordinate arm movement with the head scoops	Hands draw a circle around the head; scoop bowl of ice cream – hands go together and reach forward

Deep water skills: Tread water, 45 seconds; standing dives

Youth 5 Ages 5 and up – skills to pass

Component	Crawl stroke	Backstroke	Elementary backstroke	Butterfly	Breaststroke
Breathing and Timing	Bubbles underwater, take a breath at each turn; Breath every 3 rd stroke	Exchanging air	Exchanging air; when putting arms and legs together, tell kids that the feet follow the hands	Bubbles underwater, breath when lifting head	1 breath per stroke; pull and breath – kick and glide; the glide is the most often forgotten
Head and body position	Forehead down; ear in water; no rolling onto back; body roll – shoulders to torso	Hips up; head relaxed in water; body roll – shoulders to torso	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops; chin down to neck, scoop forward	Forehead is pointing up; body position is slightly angled down
Legs	Legs provide supportive kick; kick at the surface	Propulsive; kick at surface; flex (flipper) feet	Heels to their back; knees stay in middle – feet flex out – long legs push together	Together; follow motion of head	Knees bend to floor – (hips push down); Feet flex out – knees stay towards middle – feet grab water and legs push together straight
Arms	Arms remain in L position when taking breath; high elbow recovery; shoulder roll	Touch leg, reach up for ceiling, brush ear; long arms; Shoulder roll	Tickle, T, Push; hands do not go past shoulders. Long arms out on the T, strong push down to the legs	Arm circles; pull down to legs – reach out to the front; coordinate arm movement with the head scoops	Hands draw a circle around the head; scoop bowl of ice cream – hands go together and reach forward

Sidestroke – Youth 5 Ages 5 and up

Breathing and Timing	Exchange air; Body starts extended; tuck arms & legs to middle – legs scissor out and hands move into position to push back – long legs push back together & arms push back to starting position
Head and body position	Laying on side
Legs	Tuck knees toward chest, scissor legs (they look like scissors) – top leg in front, bottom leg to the back – long legs push back together
Arms	Top arm extended out in front of body, bottom arm extended by legs; top arm pulls down to middle & lower arm meets top arm – arms go in position to push back – top arm slices through water (minimal resistance) and bottom arm pushes water back down to the legs “Pick an apple, put it in the basket”

Other skills: Flip turns

Deep water skills: Racing starts; treading water with sculling