

# SWIM SAFE

## WaterTot (Intro to Swimming for Ages 2-3)

For students ages 2 to 3. Classes last 30 minutes.

### Early Level Goals

- × Happy To Be Swimming\*
- × Eyes In The Water\*

### Mid Level Goals

- × Swim to The Instructor\*
- × Ears Under On Back

### Late Level Goals

- × Float On Your Back\*
- × Knowledge of Rollovers

## Beginner (Intro to Swimming for Ages 4+)

For students ages 4+. Classes last 30 minutes.

### Early Level Goals

- × Happy to Be Swimming\*
- × Eyes in The Water\*
- × Swim to The Instructor\*

### Mid Level Goals

- × Float On Your Back\*
- × Standing Jump

### Late Level Goals

- × Rollover with Help\*
- × Proper Kicking Form

## Intermediate (Increasing Independence)

For students ages 3+. Classes last 30 minutes.

### Early Level Goals

- × Rollover with Help\*
- × Proper Kicking Form

### Mid Level Goals

- × Humpty Dumpty\*
- × Sinkies From Floor

### Late Level Goals

- × Swim Across the Pool\*
- × Swim Width on Back

# SWIM STRONG

## Advanced (Building Distance)

For students ages 4+. Classes last 30 minutes.

### Early Level Goals

- × Rollover by Yourself\*
- × Kick with Big Digs

### Mid Level Goals

- × Swim Length on Back\*
- × Swim Length with Rollovers

### Late Level Goals

- × Freestyle Arms with Rollovers\*
- × Backstroke Arms

## Pro (Strokes & Complex Skills)

For students ages 5+. Classes last 30 minutes.

### Early Level Goals

- × Freestyle & Backstroke\*
- × Streamline with Sidebreath

### Mid Level Goals

- × Breaststroke and Butterfly \*
- × Dives & Turns

### Late Level Goals

- × Treading Water \*
- × Sidestroke

## Squads (Non-Competitive Swim Team)

Non-competitive swim team for students ages 6 and up. Practices last 1 hour.

### Required Skills

- ✓ Freestyle & Backstroke
- ✓ Has taken Pro

### Squads Goals

- × Advanced Freestyle, Backstroke, Breaststroke, & Butterfly
- × Dives & Turns
- × Increased Distance & Speed
- × Treading Water
- × Water Safety & Rescue Skills
- × Watersports & Games

\*Denotes a student can earn a badge for this skill