

Guppie



- Work on blowing bubbles (out of nose)
- Up and downs (being comfortable with being in and out of the water at the same time)
- No fear of the water
- Begin kicking with kick board with assistance

Angelfish



- Comfortably doggy paddle-begin to swim out and back to step independently
- Begin the kicking process on back independently
- Can jump in and swim to teacher

Otter



- Complete mastery of backstroke
- Freestyle is comfortable (arms and legs have coordination and rhythm)
- Learning the movement of a flip turn
- Beginning the breaststroke kick

Dolphin



- Mastery of backstroke, freestyle, and breaststroke
- Mastery of flip turn into freestyle, and learning backstroke to flip turn to backstroke again
- Butterfly arms and legs have rhythmic coordination

Goldfish



- Beginning the kicking process (independently on kick board)
- Learn to be comfortable floating on back (without holding onto instructor)
- Able to jump in and continue to blow bubbles
- Able to sufficiently coordinate doggy paddle with some assistance

Penguin



- Backstroke is comfortable (can form leg and arm coordination)
- Learning the technique of freestyle
- Learning the meaning of bilateral breathing

Seal



- Mastery of backstroke & freestyle
- Begin the coordination of breaststroke arm and legs
- Learning flip turn movement in and out of the wall into freestyle
- Introduce the body movement (kicking) of butterfly

Orca



- Mastery of all 4 strokes
- Begin the preparation of competitive training
- Working to make club/high school team