



Yellowstone Aquatics Swim School Levels

1: Ray Buddies

Swimmers are developing comfort and confidence independent of their parent as they are introduced to the Yellowstone Aquatics foundation of correct fundamental swimming skills. Swimmers must be at least 2.5 years old to join this level.

Skills to Move to Gliders:

- Independent Feet First Entry into Pool
- Eyes Wet Bubbles: 5 seconds
- Independent Popcorn Kicks with a Barbell
- Independent Kicks on Back with a Barbell
- Independent Streamline Push Off with Kicks and Eyes Wet Bubbles
- Back Float with Assistance: 10 Seconds

2: Gliders

Swimmers are striving to swim independently while learning skills that support full stroke development. Focus is on strong body position and breath control.

Skills to Move to Stingers:

- Independent Back Float: 10 Seconds
- Swim-Float-Swim: 5 yards
- Modified Freestyle (Roll to Back to Breath): 5 Yards
- Backstroke Kick with Push-Off: 5 yards
- Breaststroke Kick (3 Consecutive)
- Dolphin Kicks with Barbell Short Arms
- Follow Safety Rules

3: Stingers

Swimmers are swimming independently while increasing their coordination in the proper development of the four swimming strokes in a 10 yard course.

Skills to Move to Super Rays:

- Freestyle with Side Breathing: 5 yards
- Backstroke: 5 yards
- 3 Breaststroke Kick with Pull for Breath: 5 yards
- Butterfly Kick with Breath: 5 yards
- Sitting Dive

4: Super Rays

Swimmers are gaining strength and endurance while further developing proper performance of the four strokes in a 15 yard course.

Skills to Move to BAC Swim Team:

- Freestyle with Side Breathing: 10 yards
- Backstroke: 10 yards
- Breaststroke Kick with Pull for Breath: 10 yards
- Butterfly Swim: 5 yards
- Kneeling Dives

Most Classes have a wide range of abilities within them: the child just beginning the level, the child continuing the level for the first time and the child who has mastered the skills and is working to improve their endurance and technique. Mastering the skills, gaining confidence and building endurance to perform all four strokes in the Yellowstone Aquatics style, by most swimmers, requires repetition(s) of a level.