



Swim Lesson Class Descriptions

Tadpoles: Children 3-5 Years Old

Tadpole 1:

- Learn to blow bubbles
- Put face in the water
- Front float & back float (5 seconds)
- Jump to instructor

Tadpole 2:

- 5 bobs (fully submerge head)
- Front float to instructor
- Streamline w/ kick to instructor
- Intro to treading water
- Sitting/Knee dives

Tadpole 3:

- 10 bobs (fully submerge head)
- Front streamline w/ kick
- Back streamline w/ kick
- Intro to freestyle
- Intro to backstroke
- Intro to dolphin kick
- Tread water
- Knee dive & swim to instructor

Tadpole 4:

- 10 bobs (fully submerge head)
- Freestyle w/ side breathing 10 yards
- Backstroke w/ rotation 10 yards
- Dolphin kick 10 yards
- Intro to butterfly
- Intro to breaststroke
- Knee dive & retrieve objects from bottom of the pool

Minnows: Children 6+ Years Old

Minnow 2:

- 5 bobs (fully submerge head)
- Front streamline w/ kick
- Back streamline w/ kick
- Intro to freestyle
- Intro to backstroke
- Sitting/knee dives

Minnow 3:

- 10 bobs (fully submerge head)
- Front streamline 10 yards
- Back streamline 10 yards
- Freestyle w/ side breathing 15 yards
- Backstroke w/ rotation 15 yards
- Intro to dolphin kick
- Knee dive & swim to instructor

Minnow 4:

- Freestyle w/ side breathing 25 yards
- Backstroke w/ rotation 25 yards
- Intro to butterfly
- Intro to breaststroke
- Knee dive & retrieve objects from bottom of the pool

Minnow 5:

- Freestyle and backstroke 25-50 yards
- Butterfly and breaststroke 25 yards
- Intro to flip turns/open turns
- Intro to IM (Individual Medley) & complete at session end