



DEVELOPMENTAL – SEALS

Class Size: Up to 4 students Age Range: ~5-9 years

Level Description: Stroke familiarization. Freestyle and improved breathing techniques. Underwater diving basics. Swimmers will typically swim $\frac{1}{4}$ or $\frac{1}{2}$ laps but should be confident in their survival skills and ready to explore the foundations for the 4 competitive strokes.

Entry Level Description: Students should be confident and exploratory in the water. They should be able to maintain a back float for 10 seconds, Pop Up to breath unassisted and have strong ability to navigate and exit the pool. Ready to begin learning the basics of the strokes.

Subskills:

Barbell Kicks/Scoops
Kickboard
Stream Line
Back Float (unassisted)
Sunken Treasure Retrieval (mid-depth unassisted)
Rolly-Polly Dive
Freestyle basics
Freestyle back/side breath
Backstroke Kicks (5 yd)
Breaststroke Arms and Kicks
Butterfly Arms and Kicks (with flippers)
Breath Control and Replenishment
15-25 Yards
35-50 Yards
Transition basics
Flip Turn basics (somersaults)
Eggbeater basics
Treading 60 seconds

Mastery Level Description: Students should excel at each activity and have the confidence to begin swimming $\frac{1}{2}$ laps or full laps. They will demonstrate a strong ability to swim freestyle and are seeking the skills to prepare for swim team.