



SWIMMING GROUP LEVELS

1. 2:1 RATIO CLASSES, 30 MINUTE LESSONS

- **LEARN TO SWIM - TADPOLES (2.5-3.5 years)**
Not yet independent in the water. Breath control, kicking, floating and swimming and underwater exploration.
- **LEARN TO SWIM - FROGLETTS (3.5-5 years)**
Not yet independent in the water. Breath control, kicking, floating and swimming and underwater exploration.

2. 3:1 RATIO CLASSES, 30 MINUTE LESSONS

- **LEARN TO SWIM - FROGGIES (~4-7 years)**
Survival skills are established. Comfort with short distances and breathing on their back. Children will become exploratory swimmers. Children will be able to get their own breath ranging from short distances to 3/4 laps.
- **DEVELOPMENTAL - SEALS (~5-9 years)**
Stroke familiarization. Freestyle and improved breathing techniques. Underwater diving basics. Swimmers will typically swim half laps but should be able to cross the pool unassisted and be confident in their survival skills.
- **DEVELOPMENTAL - SEA LIONS (~6-11 years)**
Freestyle with side breathing. Backstroke and Breaststroke basics. Endurance and strength. Should have the ability to swim full laps confidently and will learn the competition basics.
- **DEVELOPMENTAL - WALRUSES (~7-13 years)**
Enhanced Freestyle and Backstroke. Developed Breaststroke and Butterfly. Technique and competition basics.

3. 6:1 RATIO CLASSES, 45 MINUTE LESSONS

- **ADVANCED TECHNIQUE - GROUPERS (~8-15 years)**
Perfect the strokes. Starts, flip turns, streamlining and endurance. Understand competition basics and speed. Should be able to complete a 100 individual medley without breaks.

4. 6:1 RATIO CLASSES, 30 MINUTE LESSONS

- **PARENT/CHILD - LOBSTERS (1-3 years)**
An introduction to the water. Breath control development, arm movements, floating and balance.

5. 6:1 RATIO CLASSES, 15 MINUTE LESSONS

- **PARENT/CHILD - FREE SPLASH-AROUND (6 months-2.5 years)**
Gain comfort in the swimming pool setting and work on introductory skills and activities while taking advantage of our toys and equipment and receiving input and feedback from an on-deck instructor. 15 minutes only and cannot be paired or 'stacked' with another lesson.



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