



## 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. Parent/Guardian might participate.
- **LEARN TO SWIM - FROGLETS (3.5-5 years)**  
Not yet independent in the water. Work to establish basic comfort in the water. Lip closure, breath control, kicking, floating and underwater exploration.

### 2. 3:1 RATIO CLASSES, 30 MINUTE LESSONS

- **LEARN TO SWIM - FROGGIES (~3-7 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 (~4-9 years)**  
Stroke familiarization. Freestyle and improved breathing techniques. Underwater diving basics. Swimmers will typically swim ¼ or ½ laps but should be confident in their survival skills and ready to explore the foundations for the 4 competitive strokes.
- **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.
- **ADVANCED TECHNIQUE - GROUPERS (~7-14 years)**  
Perfect the strokes. Starts, flip turns, streamlining and endurance. Understand competition rules, pacing, speed and race strategy. Should be able to complete a 100 individual medley with minimal or no breaks.

### 3. 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.

### 4. LARGE GROUP SIZE, 60 MINUTE LESSONS

- **RECREATIONAL SWIM TEAM - TUNA SQUAD (~6-15 years)**  
Students must pass assessment to join this group and can participate up to 3 times per week. Entry level students should have the ability to swim full laps unassisted and ready to take directions from an on-deck coach. Work on endurance in a team environment with emphasis on enhancing freestyle while improving understanding of the strokes and confidence in the water.