



DEVELOPMENTAL – SEA LIONS

Class Size: Up to 3 students Age Range: ~6-11 years

Level Description: Freestyle with side breathing. Backstroke and Breaststroke technique. Endurance and strength. Should have the ability to swim full laps confidently and will learn the competition basics.

Entry Level Description: Students should have the confidence to be swimming ½ laps or full laps without assistance or equipment. They will demonstrate a strong ability to swim freestyle and are seeking the skills to prepare for swim team.

Subskills:

Stream Line
Kickboard
Stream Line kick on back
Freestyle side breath
Backstroke
Backstroke Stroke Count
Backstroke flip turn
Breaststroke competition
Breaststroke Underwater Pull Out
Butterfly competition
Transition advanced
Freestyle flip turn
Stroke Drill basics
Breath Control advanced
100 IM broken
35-50 Yards
Eggbeater Kick (120 sec)
Seated Dive advanced
Kneeling Dive advanced (big pool only)
Standing Dive advanced (big pool only)

Mastery Level Description: Students should be able to swim 2 laps unassisted in each of the 4 strokes in a manner that would be 'legal' (with some exceptions for scissor kick on breaststroke). Students should be confident in their breath control and situational awareness in the water. A basic understanding of pacing or race strategy or maintaining technique as speed is increased. Should be able to pass a 'swim test' for competitive swim team youth groups.