



LEARN TO SWIM – TADPOLES/FROGLET

Class Size: Up to 2 students Age Range: ~2.5-5 years

Level Description: Not yet independent in the water. Work to establish basic comfort in the water. Lip closure, breath control, kicking, floating and underwater exploration.

Entry Level Description: Students might be anxious or nervous to be in the water. Non-swimmers that require all activities to be performed within an arm’s length reach.

Subskills:

Shower Cup
Crab Crawl
Barbell Kicks (with splashes)
Barbell Scoops
Bridge Jump
Lip Closure
Seated Jump
Standing Jump (assisted)
Underwater Glide
Self Submersion
Back Float (3-10 sec)
Sunken Toy Retrieval
Jumps and Swims (0-3 yd)
Shark Swimming (basic Free with big arms and splashy kicks)
Sea Otter Kick (basic backstroke kick)
Froggie Swimming (Breaststroke arms and legs)
Dolphin Kicking
Running Bobs (assisted Pop Up)
Navigate and Exit the Pool
Pop Up Breaths

Mastery Level Description: Students should be comfortable self-submerging and interested in exploring and swimming short distances. Lip closure should be established so water is not ingested nor coughing induced. A basic or assisted back float can be achieved and the motor skills should be sufficient allow for pop up breaths with flippers. Students should be able to take and follow directions and stay on the wall/stairs as directed.