



LEARN TO SWIM – FROGGIES

Class Size: Up to 3 students Age Range: ~4-7 years

Level Description: 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 ¾ laps.

Entry Level Description: Students should be comfortable wearing goggles, self-submerging and have the ability to take directions and work alongside other students. All skills should be able to be initiated and completed with light touch assistance and guidance.

Subskills:

Barbell Kicks
Barbell Scoops
Bridge Jump
Seated Jump
Standing Jump
Underwater Glide
Self Submersion
Back Float (unassisted)
Sunken Toy Retrieval
Basic Doggy Paddle (2-5 yd)
Pop Up Breaths (5-10 yd)
Roll From Front to Back Float with Kicks (unassisted)
Freestyle 'Big Arms'
Butterfly Dolphin Kick
Breaststroke Arms and Legs
Backstroke Arms
Roll Polly Dive
Ability to Navigate and Exit the Pool
15-25 Yards
Cannon Ball

Mastery 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.