



LEARN TO SWIM – TADPOLES/FROGLETS

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:

Comfortable in lessons
Crab Crawl
Barbell Kicks (with splashes)
Barbell Scoops
Bridge Jump
Lip Closure
Seated Jump
Standing Jump (assisted)
Underwater Glide
Back Float Assisted (3-10 sec)
Self Submerging + Exploratory
Sunken Toy Retrieval on Stairs
Running Bobs (assisted Pop Up)
Jumps and Swims (0-2 yd)
Jumps and Swims (2-5 yd)
Navigate and Exit the Pool (Basic)

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.