



**DEVELOPMENTAL – SEA LIONS**

**Class Size: Up to 4 students    Age Range: ~5-10 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
Breath Control
Freestyle side breath
Backstroke
Breaststroke
Butterfly
Freestyle flip turn
Transitions familiarity
Stroke Drill basics
100 IM broken
35-50 Yards Freestyle
Stream Line kick on back
Backstroke Stroke Count
Backstroke flip turn
Breaststroke Underwater Pull Out
Eggbeater Kick (120 sec)
Seated Dive advanced
Kneeling Dive (big pool only)
Standing Dive (big pool only)

**Mastery Level Description:** Students should be able to swim 25 yd 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.