



DEVELOPMENTAL – SEALS

Class Size: Up to 4 students Age Range: ~4-9 years

Level Description: Stroke familiarization. Freestyle and improved breathing techniques. Underwater diving basics. Swimmers will typically swim 5-10 yd but should be confident in their survival skills and ready to explore the foundations for the 4 competitive strokes.

Entry 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 breathe unassisted and have strong ability to navigate and exit the pool. Ready to begin learning the basics of the strokes.

Subskills:

Barbell Kicks/Scoops Advanced
Kickboard
Pop Up Breaths Advanced
Back Float w/ Kicks
Breath Control and Replenishment
Sunken Treasure Retrieval (mid-depth unassisted)
Freestyle basics
Roll from Front to Back (unassisted)
Breaststroke Arms and Kicks
Butterfly Arms and Kicks (with flippers)
Flip Turn basics (somersaults)
Transition basics
10-15 Yards
15-25 Yards
Rolly-Polly Dive
Eggbeater basics
Treading 60 seconds

Mastery Level Description: Students should excel at each activity and have the confidence to begin swimming ½ laps or full laps. They will demonstrate a strong ability to swim freestyle and are seeking the skills to prepare for swim team.