



### LEARN TO SWIM – FROGGIES

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

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| Self Submersion                                       |
| Ability to Navigate and Exit the Pool                 |
| Barbell Kicks + Scoops                                |
| Bridge Jump + Underwater Glide                        |
| Crab Crawl over/under obstacles                       |
| Seated Jump   |
| Standing Jump + Return to Wall                        |
| Back Float (unassisted)                               |
| Sunken Toy Retrieval (3.5-5.5 ft)                     |
| Pop Up Breaths or Mermaid/Ninja Spins                 |
| Freestyle 'Big Arms'                                  |
| Back Float w/ Kicks                                   |
| Roll From Front to Back Float with Kicks (unassisted) |
| Butterfly Dolphin Kick                                |
| Breaststroke 'Froggie' Legs                           |
| 2-5 Yards   |
| 5-10 Yards  |
| 10-20 Yards   |

**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 breathe unassisted and have strong ability to navigate and exit the pool.