

## Dolphin Orange

Swimmers who are new to swimming and not comfortable with putting their face in or swimming independently. This class will have a play based learning experience to help swimmers feel comfortable and safe in the water while learning about their body's buoyancy and working on swim skills.

### Skills working on: (with assistance)

- Front and Back float
- Kicking on front and back in a horizontal position
- Breath control
- Bubbles
- Jumping into the pool
- Monkey crawl

## Dolphin Lime Green

Swimmers who may be new to swimming or who have received their orange bracelet. Swimmers should be comfortable doing the following skills assisted and working towards unassisted, front and back floats, kicks on their bellies and backs, blowing bubbles or putting their face in. Swimmers will continue to build on these skills and working on them independently.

### Skills working on: (without assistance)

- Front and Back float
- Rollovers (front to back and back to front)
- Kicking on front and back in a horizontal position
- Breath control
- Submersions "swims"
- Jumping into the pool
- Monkey crawl

## Dolphin Maroon

Swimmers who have received their Lime Green bracelet can join this class. Swimmers are comfortable in the water with their buoyancy and putting their face underwater. Swimmers are going to be working on using their body to move through the water with their front crawl. Working on coordination of reaching their arms and kicking their feet. At this stage breathing may be independent (rollovers) or assisted (rollovers). Swimmers will also be introduced to backstroke. Swimmers should be able to swim 5 + feet with their front crawl or backstroke.

### Skills working on:

- Front crawl arms and flutter kicks 5+ feet
- Rolling over to breathe assisted/independent
- Fundamental backstroke
- Jumping in and turning around to the wall