

## Dolphin Pups

For our independent swimmers age 2 years old to 3 years and 11 months. Parents do not get in the water rather cheer and celebrate from the sideline! We work on the following skills throughout their classes. Bolded skills are required to be mastered to move to the next level.

**Front Float for three seconds independently**

**Back Float three seconds independently**

**Independently push off the bench on their stomach getting eyes in the water and holding their breath to instructor**

**Back to front assisted roll over**

Front to back assisted roll over

Assisted kicks on back.

## Dolphin Orange

For our swimmers 3 to 5 years old. We work on the following skills throughout their classes. Bolded skills are required to be mastered to move to the next level.

**Independent 10 second Front Float** *with assisted rollover to back*

**Independent 10 second Back Float** *wish assisted rollover to front*

**Independently kicking on back**

**Independent push off & submerge to instructor swimming their body length (2-4ft)**

Introduction to Front Crawl Arms

Introduction to Streamline Arms

Jumps should be standing, but can be assisted

## Dolphin Lime Green

For our swimmers 3 to 6 years old. We work on the following skills throughout their classes. Bolded skills are required to be mastered to move to the next level.

**Independent Back Float for 20-30 seconds** *with rollover to front*

**Independent Front Float for 20-30 seconds** *with rollover to back*

**Streamline arms for 5 feet independently** *with rollover to back*

**Fundamental Front Crawl swimming 5 feet independently with starting rollover**

**Independent Back Streamline**

Introduction to breaststroke arms

Monkey crawl and climb out of pool independently

Jumping from a standing position into the pool

## Dolphin Maroon

For our swimmers 4 to 7 years old. We work on the following skills throughout their classes. Bolded skills are required to be mastered to move to the next level. All skills are independent.

**Front Crawl w/Rollover 10ft+**

Intro to side breathing

**Fundamental Backstroke**

**Intro to breaststroke arms**

**Intro to butterfly kick (or arms)**

**Jump, Rollover & swim back to wall**

Surface Dives

## Sea Green

For our swimmers 4 to 8 years old. We work on the following skills throughout their classes. Bolded skills are required to be mastered to move to the next level. All skills are independent.

**Front Crawl with side breathing 40 feet +**

**Backstroke 40 feet +**

**Breaststroke arms w/ pop up breath**

**Breaststroke kick (whip/circle kick)**

**Butterfly arms**

**Dolphin Kick**

**Intro Treading Water (15 sec)**

Jump, rollover, swim back to wall (without goggles)

Introduction to Sit Dives

## Purple

For our swimmers 6 + years old. We work on the following skills throughout their classes. Bolded skills are required to be mastered to move to the next level. All skills are independent.

**Front Crawl with side breathing 50 feet +** (three quarters of the pool)

**Backstroke 50 feet +** (three quarters of the pool)

**Breaststroke 35 feet +** (half the pool)

**Butterfly 35 feet +** (half the pool)

**Treading Water (30 Seconds)**

Sit Dives

## Silver

For our swimmers 6 + years old. We work on the following skills throughout their classes. Bolded skills are required to be mastered to move to the next level. All skills are independent.

**Freestyle (50yds)**

**Backstroke (50yds)**

**Breaststroke (25yds)**

**Butterfly (25yds)**

**Treading water (45 Seconds)**

Intro to 100 IM (Fly, Back, Breast, Free)

Jump, tread 15 sec, swim back to wall (No goggles)

## Blue/Green (Stroke Refinement)

For our swimmers 8 + years old. We work on the following skills throughout their classes. Bolded skills are required to be mastered to move to the next level. All skills are independent.

**Freestyle, Backstroke, Breaststroke (50yds)**

**Butterfly (25yds)**

**Treading (60 Seconds)**

**IM (100 yds)**

Introduction to Drills

Introduction to Turns

### **Teal/White (Stroke Refinement)**

For our swimmers 8 + years old. We work on the following skills throughout their classes. Bolded skills are required to be mastered to move to the next level. All skills are independent.

#### **Freestyle, Backstroke, breaststroke (100yds)**

#### **Butterfly (50yds)**

#### **IM (200yds)**

Fundamentals of Drills

Fundamentals of Open and Flip Turns

### **Black/Gray (Stroke Refinement)**

For our swimmers 8 + years old. We work on the following skills throughout their classes. Bolded skills are required to be mastered to move to the next level. All skills are independent.

#### **Freestyle, Backstroke, Breaststroke (150yds +)**

#### **Butterfly (100yds)**

#### **IM (200yds)**

Drills

Open and Flip Turns