

Level Name	Skills Practiced in Each Level	Skills Needed to Pass Level	Length of Class
<b>Pink Puffer Fishies - Water Baby Advanced</b>	* Blowing bubbles, jumping, basic arm swim skills * Slight submersion practiced * Begins to swim with instructor * Songs & Games * Parent participation required * Best for kids 6 - 36 months * This is a water adjustment class, not a Learn To Swim program	* Child comfortable in water with instructor for short periods * Child must want to be there and has fun playing in the water	30
<b>Level 1 - Orange Octopi</b>	* How to enter and exit water safely * Learns basic water safety * Actively interacts with instructor * "Swimming is Fun!" emphasized with games * No parent participation * Good beginning class for kids age 3 or older * Child is mainly on steps for entire class period	* Fully comfortable in water <b>with</b> instructor for entire class period * Child is excited & pushes the learning process to try harder	30
<b>Level 2 - Silver Sea Lions</b>	* Fundamental water skills and aquatic safety taught * Full Face Submersion Introduced * Floating Back & Front * Wall Push Offs on Back & Front * Explores entire pool * Supported alternating arm circles and kicking together	* Child pushes off wall alone on tummy * Child jumps to instructor alone * Must be able to use flotation device unsupported for 2 body lengths * Must be able to float on back & front unsupported	30
<b>Level 3 - Spring Green Stingrays</b>	* Practices alternating arm circles and kicking together * Begins discussion of side breathing * beginning backstroke * Streamline swimming introduced * Breaststroke arms and legs introduced separately * Jumps in and swims directly to wall	* Fully submerges face 3 times with bobs * Swims front crawl 2 body lengths * Able to push off wall on back and float 2 body lengths	30
<b>Level 4 - Jewel Blue Jellyfish</b>	* Builds swimming stamina * Begins work on treading water & sitting/kneeling dives * Works on streamline kick on back * Ample practice time on breaststroke & backstroke * Some refreshing of front crawl with side-breathing * Begins dolphin kicking practice * General technique work on front crawl, back and breast	* Able to swim front crawl at least 13 yards * Able to streamline kick for 10 yards w/o kickboard * Able to swim backstroke 3 body lengths * Able to swim breaststroke 3 body lengths * Recognizable side-breathing	30
<b>Level 5 - Teal Tiger Sharks</b>	* Builds up to 25 yards front crawl with side-breathing * Practices front crawl, breaststroke, backstroke & treading water* Learns full butterfly * introduced to standing dives * Builds stamina and technique on all strokes	* Able to swim 25 yards front crawl, 25 yards backstroke, 10 yards breaststroke and a recognizable butterfly for 2 body lengths * able to dive unperfected	30
<b>Level 6 - Purple Piranhas</b>	* Works on swimming 50 yards front crawl * Practices swimming refined strokes * Begins work on flip turns * Practice and stamina emphasized * Students should swim multiple laps during lesson with instruction inbetween * Provides skills needed to start a Jr. Orca Program	* Able to swim multiple laps during lesson with breaks inbetween * Swim strokes are all recognizable but need refinement * Able to maintain streamline and balance in water	40
<b>Level 7 - Rainbow Fish</b>	* Learns techniques for competitive swimming including racing dives, breathing strategies, turns & endurance practice * Provides students with skills necessary to successfully start a swim team	* Able to swim multiple laps during lesson * Can successfully swim all 4 strokes, tread water for 3 min, dive and flip turn	40

Instructor/ Student Ratio
1:12
1:3
1:3
1:3
1:4
1:5
1:6
1:6