

Swim With Me! – Parent & Child Swim Lessons

Age: 6 mo. – 5 yr

Designed for younger children with little to no experience in the water. This class utilizes many techniques that teaches parents to help their children get comfortable in and around the water; an essential skill to achieve prior to learning to swim. Swim with me runs for 1 week. *Children must be accompanied by a parent or guardian in the water.*

Starfish

Age: 3 – 4 yr

(Children under 3 should enroll in Swim with Me!)

This class teaches the students to be comfortable getting in the water without parent assistance, being comfortable in the water, going underwater and learning to float with assistance.

Sea Turtles

Age: 4 – 5 yr

Designed for those who may be too old for Starfish or who have completed Starfish but need some more help in the water before progressing to other levels. IN addition to going underwater and floating, Sea Turtles will learn more essential swimming skills such as how to properly hold a kickboard and the fundamentals of certain swim strokes.

School Age Lessons:

Penguins

Age: 6 and up

This class is not a continuation from Sea Turtles (Please see Seals). *This class is designed for the holder child that is a TOTAL beginner swimmer.* In this class students will learn to become comfortable in the water, and more fundamental skills.

Seals

Age: 5 and up

This course should be taken after a child has become comfortable in the water and can float unassisted. Students will learn the float roll, the streamline and will learn to front-crawl for at least 3 feet and the fundamentals of backstroke.

Sting Rays

Age: 7 and up

Although it is very rare for children under the age of seven to be at this swimming level, children who have passed Seals and can exhibit good listening skills may be permitted to promote to Sting Rays. Sting Rays will learn to front crawl for 15 feet non-stop, the fundamentals of side-breathing, and the fundamentals of backstroke.

Dolphins

Age: 7 and up

Students build on their front & backstroke skills, learn elementary backstroke, how to tread water, diving techniques and the building blocks of breaststroke.

Sharks

Age: 7 and up

Students build on endurance, they learn to swim 50 yards non-stop and tread in the water for two minutes.

Not sure which level to enroll your child in? Use our Easy Registration Check List

Take a look at each level and the skills required to move on. If you can check each box in a level, go to the next level. Once you find the level you cannot check every box in, that should be the level you register for.

Swim with me – Parent & Child		6 months – Age 5
<input type="checkbox"/>	My child is acclimated to the water	
<input type="checkbox"/>	My child can blow bubbles in the water	
<input type="checkbox"/>	My child can enter the water without my help	
<input type="checkbox"/>	My child can jump in the water without my help	

If you've checked all these boxes and your child is at least 3 years old, move on to Starfish! If you haven't checked all these boxes, but your child is 6 or older, see Penguins!

Starfish:		Ages 3 – 4
<input type="checkbox"/>	My child is not afraid to float on their back with assistance or put their face in the water	
<input type="checkbox"/>	My child can get in the water without my help	
<input type="checkbox"/>	My child can blow bubbles for at least 5 seconds non-stop	
<input type="checkbox"/>	My child can go underwater 3 times in a row while exhaling underwater, and inhaling above water (bobs)	
<input type="checkbox"/>	My child is comfortable in the water	

If you've checked all these boxes and your child is at least 4, move on to Sea Turtles, if your child is 5, you might want to move to Seals!

Penguins:		Ages 6 and up
(Note, this class is for older beginners and NOT a continuation from Sea Turtles)		
<input type="checkbox"/>	My child is comfortable in the water	
<input type="checkbox"/>	My child is comfortable being assisted with floating on their back and putting their face in the water for assisted floats	
<input type="checkbox"/>	My child can blow bubbles for 5 seconds consecutively	
<input type="checkbox"/>	My child can correctly hold a kickboard (straight arms and no bent elbows)	

If you've checked all these boxes, it's time to move on to Seals!

Seals:		Ages 5 and up
<input type="checkbox"/>	My child can float on their front & back by themselves without an instructor holding them	
<input type="checkbox"/>	My child can roll from their front float to their back float and vice versa	
<input type="checkbox"/>	My child can swim front-crawl for 3 feet without help	
<input type="checkbox"/>	My child can streamline for 3 feet without help	

If you've checked all these boxes and your child is at least 7, see Sting Rays!

Sting Rays:		Ages 7 and up
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	My child can swim front-crawl with a straight body on top of the water, face in water, for <i>at least 15 ft without stopping</i>
	My child can swim backstroke with a straight body on top of the water for at least 15 ft <i>without</i> stopping
	My child can breathe on alternating sides while performing front-crawl (they <i>do not</i> pick up their head out of the water to breathe)
	My child can float on their stomach and their back properly for at least fifteen seconds each
	My child can jump into 10 feet of water unassisted

If you've checked all these boxes & your child is at least 7, see Dolphins!

Dolphins	
Ages 7 and up	
	My child can tread water in the deep end <i>without help</i> for at least 60 seconds
	My child can swim front-crawl while side breathing for <i>at least 25 yards non-stop</i>
	My child can swim backstroke on top of the water for <i>at least 25yards non-stop</i>
	My child can complete at least 1 type of dive
	My child can swim elementary backstroke on top of the water for <i>at least 25 yards non-stop</i>

If you've checked all these boxes & your child is at least 7, see Sharks!

Sharks	
Ages 7 and up	
	My child can swim front-crawl for <i>at least fifty yards non-stop</i>
	My child can complete 2 different dives properly (sitting, kneeling, standing dive)
	My child can swim Breast Stroke properly for 50 yards <i>non-stop</i>
	My child can tread water for 2 minutes <i>non-stop</i> without help

If you've checked all these boxes, See the Pirates Swim Team!