

COUGAR SWIM SCHOOL SWIMMING LESSONS - DESCRIPTION OF LEVELS

The ages listed are guidelines. Children should be enrolled according to their skill.

Parent & Child Aquatics: For ages 6 months to about 3 years old. Designed to give young children a head start on swimming. Great for children to get comfortable in the water and begin to work on basic skills while interacting with instructor and other children in a fun and safe environment. **NOTE: A parent (or adult) must accompany the child in the water.**

Sea Horse I: For children about ages 3 & 4. Designed to orient preschool-age children to the aquatic environment and to begin working on basic aquatic skills such as enter & exit the water, putting face into the water, blow bubbles through mouth & nose, go under water, bobbing, front & back glides, and free style arms.

Sea Horse II: Water Exploration – For children ages 5 -6. **Children learn basics of swimming:** Rhythmic bobbing/breathing, floating in prone and supine positions, gliding in prone and supine positions, flutter kick in prone and supine positions, free style arm stroke, basic safety rules, retrieve submerged objects, how to stay safe in the water, and jumping safely into water.

Seal I: Primary Skills – for ages 7 to 8. **Children should already be able to:** float on front and back and put head under water, and swim 5 yards. **Children will work on:** floating, gliding, flutter kick, free style with side breathing, elementary back stroke, turning over from front to back and back to front, retrieving object, and jumping into water over their head.

Seal II: Stroke Readiness – for ages 9 to 10 **Children should already be able to:** swim free style with side breathing, back stroke for 10 yards. **Children will work on:** gliding, free style with side breathing, back stroke, elementary backstroke, retrieving object, treading water, jumping into deep water, kneeling dive, and compact dive.

Seal III: Stroke Development - **Children should already be able to:** swim free style and back stroke 10 yards, elementary backstroke, and dive in kneeling and compact position. **Children will work on:** rotary breathing, free style and side breathing, back stroke, elementary, scissors kick and sidestroke, whip kick and breaststroke, intro to flip turns turning at wall, treading water for 3 minutes and diving in stride and standing positions.

Sword Fish I: Stroke Refinement - **Children should already be able to:** Free style and back stroke 25 yards, elementary backstroke 10 yards, scissors kick, whip kick, treading water, and diving. **Children will work on:** alternate breathing, increasing endurance, long shallow dive, free style, elementary backstroke, breaststroke, dolphin kick and butterfly, open turn on front and back, pike and tuck surface dive and treading water for 5 minutes.

Sword Fish/Swim Team: **Children should already be able to:** swim front and back crawl 50 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 15 yards. **Children will work on:** free style, back stroke, breast stroke with flip turn, breaststroke speed turn and pullout, butterfly turn, block starts and increasing endurance.