

Tiny Tots:

- Gradual water adaptation
- Getting face wet
- Movement in the water
- Water depth adaptation
- Reaching for objects
- Supported back float
- Supported front float
- Kicking supported in water
- Independence in water exercises

Level 1

- Enter and exit water safely
- Blow bubbles through mouth and nose
- Submerging face (3 seconds)
- Wall Bobs (head fully submerged)
- Supported back and front floats
- Supported front and back glides
- Learn how to stay safe
- Pool rules
- Never swim alone

Level 2

- Opening eyes underwater
- Retrieving objects from underwater
- Entering the pool by stepping or jumping off the side
- Exiting the water from the side
- Bobs away from the wall
- Back and front floats
- Front and back glides
- Roll from front to back, and vice versa
- Straight leg kicks, front and back
- Using a kickboard for kicks
- Breathing to the side on front kicks
- Recognizing an emergency and how to call for help

Level 3

- Alternating arm and leg motions, on front and back
- Finning and sculling on front and back
- Breaststroke and elementary backstroke kicks
- Front crawl arms
- Back crawl arms
- Front crawl with alternate breathing (15 yds)
- Back crawl (15 yds)
- Dolphin kicking
- Motions of treading
- Treading in slightly deep water (15 sec)
- Jumping into deep water
- Deep water safety