



## *Swim lesson levels*

### **15:30 - Sprouts:**

- Complete beginner, has little to no experience in swimming lessons
- Must be able to follow direction (has been in a learning environment)

### **16:00 - Penguins:**

- Has fundamentals of swimming- basic leg kick and face in the water
- Main focus of this class is to get off armbands
- Learning front and back crawl

### **16:30 - Nemos:**

- Able to swim without any floating assistance on front and back
- Introduction to breathing on front crawl
- Introduction to breaststroke
- Perfecting basics of front and back crawl

### **17:00 - Dolphins:**

- Able to competently breathe on front
- Competent on back
- Good understanding of breaststroke
- Perfecting all basic skills- high elbow, quick breathing, backcrawl
- Technique focused

### **17:30 - Sharks:**

- Endurance focused
- Advanced technique focused, advanced movements
- Advanced stroke introduction: butterfly
- Life safety basics