

## Dolphin Swim School Levels

### **Little Dippers**

*Ages: 6 months – 3 years*

*Ratio 8:1*

Skills needed for this level: None

Summary: Little Dippers is a parent and child class for new swimmers. Children and their parents work together to have fun and love the water by singing songs and playing games.

Skills gained:

- Comfort in the water
- Parent -child bonding
- Learn different holds and supports on front and back

### **Preschool**

*Ages: 3-5 years*

*Ratio 4:1*

Skills needed for this level: None

Summary: The Preschool Level is aimed at helping children become more comfortable in the water as well as introducing basic skills such as kicking, arm movements, and bubble blowing. The class focuses on submerging the face in the water while doing different skills.

Skills gained:

- Comfortable in the water including submerging face in the water
- Basic kicking on the back and front
- Basic arm movements
- Bubble blowing
- Following pool rules

### **Beginner**

*Ages: 4-6 years*

*Ratio 4:1*

Skills needed for this level:

- Comfortable in the water including submerging face in the water
- Ability to swim (kicking on front and back) with a flotation device

Summary: The Beginner Level is for children who have some swim experience and do not have a fear of the water. Beginners must be able to put the face in the water. This class continues to improve on basic swim skills such as arm and leg movements, and bubble blowing as well as beginning new skills such as glides and floats on front and back.

Skills gained:

- Basic coordination of arms and legs on front and back for 5 yards
- Bubble blowing
- Jumping into pool without assistance
- Retrieving submerged objects
- Following the pool rules
- Entering and exiting the pool safely
- Front floats and back floats with assistance
- Learning proper body alignment on front and back glide

**Beginner Older***Ages: 6 and Up**Ratio 5:1*

Skills needed for this level: None

Summary: The Beginner Older Level aims to help children become more comfortable in the water as well as improves on basic skills such as bubble blowing, kicking, floating, and arm movements.

Skills Gained:

- Basic coordination of arms and legs on front and back for 5 yards
- Gliding on front and back unassisted
- Kicking on both front and back without assistance in streamline position for 5 yards
- Blowing bubbles with full face in the water
- Float on back unassisted for 5 seconds
- Bob on the wall 3 times in a row
- Jump into water without assistance
- Follow the pool rules

**Intermediate***Ages: 6 and Up/based on skill Ratio 5:1*

Skills needed for this level:

- Ability to swim freestyle and backstroke for 5 yards
- Glide on front and back without assistance
- Kick on the front and back without assistance for 5 yards
- Can use combined arm and legs movement on front

Summary: The Intermediate Level is for children who can swim unassisted by an instructor (can still use equipment). The class will focus on improving the backstroke as well as freestyle with bilateral breathing.

Skills gained:

- Swim 10 yards on front without assistance
- Freestyle 10 yards with bilateral breathing
- Swim the length of the pool with assistance of equipment
- Kick on back with assistance from a noodle
- Basic arm movements on back
- Swim backstroke with proper technique 10 yards
- Bob 5 times in a row with full head submersion
- Jumping into pool without instructor assistance in deep end
- Dive from a sitting position
- Tread water

**Advanced***Ages: 6 and Up/based on skill Ratio 5:1*

Skills needed for this level:

- See "Skills gained" under Intermediate

Summary: The Advanced Level is for children who can swim freestyle and backstroke for 10 yards without any instructor aid. This class aims to further the refinement of freestyle and backstroke and introduces and breaststroke.

Skills Gained:

- Swim 25 yards of freestyle in good form with rotary breathing
- Swim 25 yards of backstroke with good coordination of arms and legs
- Basic understanding of breaststroke
- Able to dive from both kneeling
- Retrieve rings from deep end of pool
- May start to work on flip turns for freestyle and backstroke