

## **Dolphin Swim School Levels**

### **Little Dippers Ages: 6 months – 3 years**

#### **Ratio 10:1 (30m)**

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 learn safety and comfort in the water through games, as well as arm/leg movement.

Skills gained:

- Comfort in the water
- Parent -child bonding
- Getting comfortable with head and ears in water
- Learn different holds and supports on front and back
- Learn basic water safety skills
- Moving arms and legs in the water
- Independence while in water

### **Preschool Ages: 3-5 years Ratio 4:1 (30M)**

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
- Able to float on back for 15sec (with assistance)
- Able to float on front (with assistance)

**Beginner Ages: 4-6 years****Ratio 4:1 (30m)**

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 swimming experience and do not have a fear of the water. Beginners must be able to put their face in the water. This class continues to improve basic swimming skills such as arm and leg movements, and bubble blowing as well as beginning new skills such as gliding 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
- Learn basic water safety skills
- Front floats and back floats
- Learning proper body alignment on front and back glide
- Climbing out of the pool without assistance
- Swimming on back

## **Beginner Older**

**Ages: 6 and Up**

**Ratio 4:1 (30m)**

Skills needed for this level: None.

Summary: The Beginner Older Level aims to help children become more comfortable in the water as well as improve basic skills such as bubble blowing, kicking, floating, arm movements, and swimming without assistance.

Skills Gained:

- Feeling comfortable in water- with or without instructor assistance
- Basic coordination of arms and legs on front and back for 5 yards- with or without instructor assistance
- Bubble blowing
- Jumping into pool without assistance
- Retrieving submerged objects
- Learn basic water safety skills
- Front floats and back floats (with assistance)
- Learning proper body alignment on front and back glide
- Climbing out of the pool without assistance
- Swimming on back with or without instructor assistance

## **Advanced Beginner**

**Ages- 5-up**

**Ratio- 4:1 (30M)**

Skills needed for this level:

This class is built for kids who can swim comfortably on their front and back with little to no assistance from the instructor. Can tread water for 10 seconds. Can submerge beneath the surface and retrieve a diving stick/ring.

Skills gained: Swimmers should be able to swim at least half the length of the pool under their own strength on their front and back. They'll be introduced to back stroke and rotary breathing for free style.

This class is NOT meant for kids who need an instructor to hold onto them the entire time they are swimming, but the instructor WILL be in the water.

## **Intermediate 1 Ages: 6 and up/based on skill.**

### **Ratio 5:1 (45m)**

Skills needed for this level:

- Able to swim 10 yards without stopping under own strength (no assistance)
- Float on back unassisted for 15 seconds
- Float on front for 5 seconds
- Glide on front and back without assistance
- Kick on the front and back without assistance for 5 yards

Summary: The Intermediate 1 Level is for children who can swim at least 10 yards unassisted by an instructor

(Can still use equipment to improve strokes). The class will focus on learning the backstroke as well as freestyle.

with basic bilateral breathing.

Skills gained:

- Freestyle for 25 yards with basic understanding of bilateral breathing
- Swim on back for 10 yards
- Getting rings from bottom of pool in mid depth
- Jumping into pool without instructor assistance in deep end
- Dive from a sitting position
- Tread water for at least 30 seconds
- Build endurance
- Conditioning for front and back swimming

## **Intermediate 2 Ages: 6 and up/based on skill Ratio 5:1 (45m)**

Skills needed for this level:

- See “Skills gained” under Intermediate 1

Summary: The Intermediate 2 Level is for children who can swim unassisted by an instructor for 25 yards (can still use equipment to improve strokes). The class will focus on improving the backstroke as well as freestyle. with basic bilateral breathing.

Skills gained:

- Swim freestyle for 50 yards without stopping
- Freestyle with basic bilateral breathing
- Swim basic backstroke for 25 yards
- Demonstrate basic breaststroke with appropriate breathing
- Jumping into pool without instructor assistance in deep end
- Dive from kneeling position
- Tread water for at least 1 minute
- Build endurance