

# 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 learn to love the water by singing songs and playing games.

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*

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)
- Learning safety skills

## **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
- 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 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, arm movements, and swimming without assistance.

Skills Gained:

- Feeling comfortable in water
- 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 (with assistance)
- Learning proper body alignment on front and back glide
- Climbing out of the pool without assistance
- Swimming on back

## **Intermediate 1**

*Ages: 6 and Up/based on skill*

*Ratio 5:1*

Skills needed for this level:

- Able to swim 10 yards without stopping
- 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*

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

## **Advanced 1**

*Ages: 6 and Up/based on skill*

*Ratio 5:1*

Skills needed for this level:

- See "Skills gained" under Intermediate II

Summary: The Advanced 1 Level is for children who can swim freestyle for 50 yards and backstroke for 25 yards without any instructor aid. This class aims to further the refinement of freestyle and backstroke and introduces the breaststroke.

Skills Gained:

- Swim freestyle in good form with rotary breathing
- Swim backstroke with good coordination of arms and legs
- Swim 50 yards of breaststroke in good form
- Able to dive from both kneeling and standing position into streamline
- Retrieve rings from deep end of pool
- Tread water for at least 1 minute and 30 seconds
- Introduction to dolphin kick
- Introduction to circle swimming
- May start to work on intro to flip turns for freestyle and backstroke

## **Advanced 2**

*Ages: 6 and Up/based on skill*

*Ratio 5:1*

Skills needed for this level:

- See "Skills gained" under Advanced 1

Summary: The Advanced 2 Level is for children who are looking to tune up their form. They will begin learning skills needed for swim team or for advanced lap swimming. They will increase their endurance and their knowledge to better prepare them for team swimming.

Skills Gained:

- Flip turns
- Introduction to butterfly
- Swim freestyle continuously while circle swimming
- Swim breaststroke continuously while circle swimming
- Retrieve rings from deep end of pool
- Tread water for at least 2 minutes
- Dolphin kick in steam at least 25 yards
- Learning rules of swim team