

Beginner 1 (3-4) Minnows

These swimmers that are at least 2 years of age and/or are slightly afraid of getting in the water; they will learn through instruction how to get into and out of the water: These are the basic skills that will be taught with "Hands On" by the instructor:

Skills Include:

- Kicking,
- Bobbing (hanging on wall and slowly going under)
- Bubble blowing and breathing,
- "Hands on" front and back floating with support,
- Proper entry and exit of pool

Beginner 2 (3-5) Barracudas

This group is for children that are unafraid of getting in the water. They will expand on these basic swimming skills by themselves with the instructor at side:

Skills Include:

- Kicking,
- Bobbing (5-10) by selves no wall
- Underwater exploration, (diving for rings and coins)
- Bubble blowing and breathing,
- Front and back floating with face in the water
- Pushing off the wall with arm movements, beginner stroke,

Beginner 3 (3-5) Barracudas

This group is for children having very little formal instruction, and these swimmers **can** follow directions. The purpose is to help build students excitement and comfort in the water. Swimmers will need to be able to do most of these skills on their own without "hands on" by the instructor.

Skills Include:

- Kicking with kick board on own putting face in and breathing to side
- Bobbing, (10-15)

- Underwater exploration,
- Front float with face in
- Back float (5 seconds on own)
- Pushing off wall in gliding motion with face in the water
- Push off wall with arm movements to instructor
- Beginner strokes on front and back using arms and kicking,

Intermediate 1 (3-6) Dolphins

Swimmers will build independence in the water. They can perform all skills from Beginner 3 by "Themselves". They will learn to perfect these skills:

Skills Include:

- Submerge entire head under surface
- Submerge and retrieve an object at 3ft deep
- Float on front and back with kick for about (10 seconds)
- Perform front and back streamline kick
- Roll over from front to back and back to front,
- Swim up to 15 feet on front and back,

Intermediate 2 (4-7) Dolphins

This class emphasizes endurance and improving stroke proficiency.

Skills Include:

- Rhythmic breathing (kicking on side with face in and face out)
- 15 yards of freestyle stroke with breathing
- 15 yards of Back stroke
- Butterfly motion under the water
- Jumping into deep water and swimming back to wall
- Diving into deep water
- Submerge and retrieve an object at 5 ft deep.

Completion of above skills means you graduation to SHARK and are ready to participate on the Saybrook Shark Swim Team next season.