

Preschool Swim Level Descriptions

Parent and Tot Swim Program

1. TADPOLE (4 to 12 months)

An introductory class for babies and their parent or caregiver. To enter this level, babies must be able to hold their head up. The goal of this orientation to water class is to experience buoyancy, movement, entries, and songs and play in the water.

2. FROGLET (12 TO 23 MONTHS)

For toddlers or older babies with a parent or caregiver. Toddlers build confidence while enjoying the water through games, songs and active water play.

3. FROG (2 TO 3 YEARS)

A level for preschoolers and their parent or caregiver. This level develops skills in swimming, glides, and floating and builds awareness of water and safe entries.

Preschool Swim Program

4. SEAL (3 TO 5 YEARS) (swimmers must be at least 3 years old when the session *starts* to register in this level)

For beginners to swimming, participating *without* a parent. This level is an introduction to skills in swimming, glides, and floating and builds awareness in water and safe entries. Children will learn to glide *with minimal assistance on* their front for 3 seconds (with face in the water). Children must be comfortable with floating and gliding on both their front and back in order to be registered in Sea Lion. Some skills are performed without goggles.

5. SEA LION (3 TO 5 YEARS) (must have completed Seal or equivalent program)

Preschoolers must be able to swim with minimal assistance on their front for 3 seconds (face in the water) to register in this level. Swimmers will learn new swimming skills including unassisted floats and glides on their front and back. They will be introduced to a propulsive kick. The fun includes learning to jump into chest deep water. Some skills are performed without goggles.

6. WALRUS (3 TO 5 YEARS) (must have completed Sea Lion or equivalent program)

Preschoolers must be able to swim independently on both front AND back to register in this level. Swimmers will work on increasing their independent swimming distances (5m) using an effective straight leg kick. Learning focuses on good judgement in, on and around the water. Entries and floats in deep water are introduced along with learning the basic of treading water. Some skills are performed without goggles.