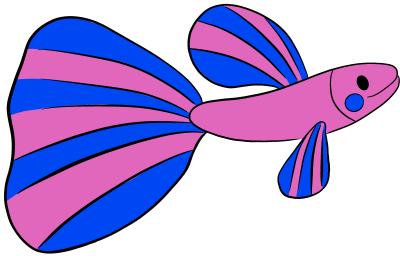


Guppies: 6 months and up.

The following swim levels and skills are a broad outline of what your child's swim lesson may look like. Please keep in mind this may not specifically go in this order. An introduction to new skills will be applied how the instructor sees fit for the swimmer(s) ability. Levels are not by age, only ability.

Guppies:



- Intro. to entering water by stepping in from the stairs (only applies if swimmer can walk).
- Getting wet with toys (sensory bucket), & kicking.
- Intro to how to hold breath.
- Intro. to back float (10 seconds-assisted)
- Combined arm & leg actions on front (above the water, scoops).
- "Spider man" crawl on the wall, return to ladder or stairs.
- Intro. to underwater exploration (with goggles).
- Intro. to swimming under & to the wall (learning how to grasp and reach for the wall).
- Intro to swimming into the stairs and standing up (assisted).
- Intro. to rolling over (assisted).
- Intro. to jumping in and returning to the wall (assisted).
- Intro. to swim-float-swim (one rotation).
- Intro. to entering and exiting the pool.