

Pikes & Eels – Intro to Water (ages 3-5)

This is an introduction to the pool and water adjustment.

Skills taught:

1. Front Kick (Flutter Kick)
2. Prone Glide
3. Back Float
4. Back Glide
5. Arm Movement On Back and Front
6. Underwater Exploration

Rays & Starfish – Intro to Strokes (ages 4-5)

Skills taught:

1. Front Kick (Flutter Kick)
2. Prone Glide
3. Back Float
4. Back Glide
5. Arm Movement on Back and Front (Finning and Sculling)
6. Under-water Exploration

Rays & Starfish – (ages 5-7)

Skills taught

1. Personal Safety
2. Floating without IFD
3. Safety Swim
4. Bobbing

Polliwogs – (ages 6-8)

1. Be able to float – with support Front and Back
2. Be able to blow bubbles with mouth and possibly nose.
3. Be able to kick (flutter kick) with alternate arm movement – barely supported.
4. Under-water Exploration

Guppies – (ages 6-8)

1. Be able to hold breath and submerge face.
2. Prone float or glide unsupported.
3. Back float or glide unsupported.
4. 10 bobs without support.
5. Flutter kick on front and back.
6. Finning and sculling on back.
7. Back crawl arm action.
8. Free style and start on Elementary Backstroke.
9. Swim 25 yards (1 length of pool)

Minnows – (ages 9-11)

1. Must retrieve object underwater eyes open – with no support
2. prone glide with push off from wall
3. Flutter kick on back and front with finning and sculling
4. Free style with some kind of rotation – breathing either from side or front head turn position.
5. Back stroke and Elementary back stroke
6. Swim 50 yards (2 lengths of pool)
7. Free style with rotary breathing
8. Elementary back stroke
9. Back crawl
10. Learn breast stroke and side stroke

ATTENTION!

Oklahoma State Law requires that all pool and spa users take a cleansing shower before entering water.

**YOU MUST SHOWER BEFORE ENTERING POOL OR SPA!
Patrons must comply or will be asked to leave the water.**

Thank you,
Catherine Hendrix