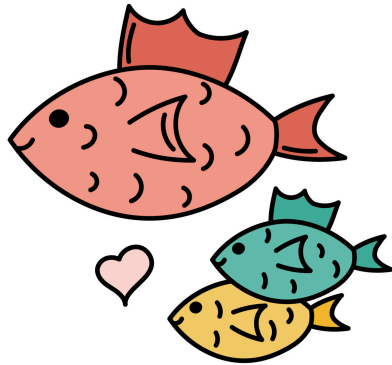
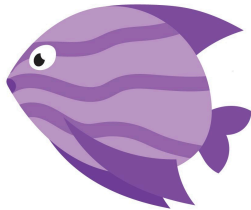


### Guppies & Grown Ups



*Guppies and grown ups is a safe and fun introduction to the water for youth ages 6 months to 3 years to share with a participating adult guardian. This program is appropriate for younger swimmers who are not yet eligible for independent lessons in our group curriculum setting.*

### Minnow



*Lessons will focus on improving the skills of the participant.*

- For beginner swimmers, the following skills will be practiced:
- Comfortably submerge face
- Bobbing
- Support float on front
- Support float on back
- Bubble blowing
- Enter and exit water independently
- Supported kicking on front & back
- Introduction of gliding on front & back
- Learn basic water safety rules
- Introduce diving for objects in shallow water

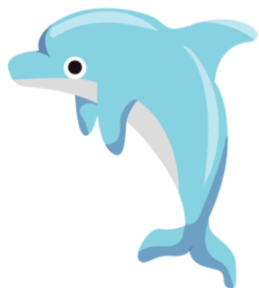
### Snapper



*This class is for our intermediate swimmers who have already completed prior lessons (either with our program or at other facilities).*

- Continue skills from Purple Minnow
- Explore deeper water with support
- Prone and back float or glide
- Stepping from side of pool into chest deep water
- Recovery to horizontal back float
- Introduction to sitting dives
- Demonstrate flutter kick on front
- Demonstrate flutter kick on back
- Learn basic water safety skills

### Dolphin



*This class is for swimmers who have already learned to float and swim some freestyle and backstroke. Dolphin curriculum is ideal for swimmers looking to transition to swim team programs.*

- Continue Lessons from Red Snapper
- Introduction of Elementary Backstroke and Freestyle switching
- Demonstrate kicking on side
- Demonstrate switching from side to side on back and front
- Demonstrate turning over front to back
- Demonstrate turning over back to front
- Demonstrate assisting a non-swimmer
- Demonstrate reaching and extension