

Skill Levels + Goals

SWIM SMART

WaterTot (Levels 1 and 2)

Designed for students who are 2 to 3 years of age

WaterTot 1 Goals

- × move through the water 5 feet
- × practices independent jump / circle swim
- × practices back float 3-5 seconds

WaterTot 2 Goals

- × independent breath
- × move through the water 10 feet
- × independent back float
- × independent jump / circle swim

SWIM SAFE

Beginner (Level 1 and 2)

Designed for students who are 4 to 6 years of age

Beginner 1 Goals

- × swim 5 - 10 feet
- × begin to get breath
- × practices independent jump / circle swim
- × back float 3 - 5 seconds

Beginner 2 Goals

- × swim width of pool or 20 feet
- × take several independent breaths
- × independent back float
- × independent back kick

7up Beginner (Level 1 and 2)

Designed for students who are 7 years of age and up

7up Beginner 1 Goals

- × swim 5 - 10 feet
- × begin to get breath
- × practices independent jump / circle swim
- × back float 3 - 5 seconds

7up Beginner 2 Goals

- × swim width of pool or 20 feet
- × take several independent breaths
- × independent back float
- × independent back kick

SWIM STRONG

Beginning Strokes

Designed for students who are 5 years of age and up

Required Skills

- ✓ swim the width of the pool with a few breaths
- ✓ swim width of pool with back kicks

Beginning Strokes Goals

- × swim length of pool
- × introduce freestyle
- × introduce backstroke
- × introduce breaststroke
- × tread water 1 minute

Intermediate Strokes

Designed for students who are 5 years of age and up

Required Skills

- ✓ basic freestyle
- ✓ basic backstroke
- ✓ basic breaststroke

Intermediate Strokes Goals

- × swim two lengths of pool
- × refine freestyle
- × refine backstroke
- × refine breaststroke
- × introduce dolphin kicks
- × tread water 3 minutes
- × survival float
- × racing and surface dives



SWIM MALEY