

<b>AQUA ANIMALS</b>	<b>Pass to Starfish</b>
Aqua Animals will learn to be comfortable in the water. They will learn to put their faces in the water and become comfortable with supported floating on their front and back.	
Supported floating and gliding	Unsupported float on front and back
On front	Put face in water, blow bubbles
On back	
Basic movements and kicks	
Safety	
<b>STARFISH</b>	<b>Pass to Otters</b>
Starfish swimmers will learn to glide unsupported on their back and front, and swim using alternating arm and leg actions for approximately 2 body lengths. They will practice putting their faces in the water, bobbing and retrieving submerged items.	
Unsupported floating and kicking	Front glide 2 body lengths
On front	Retrieve submerged items
On back	Back float unsupported
Alternating arms	
Life jackets	
<b>OTTERS</b>	<b>Pass to Seals</b>
Otters swimmers will improve their Starfish skills so that they can swim for approximately 5 body lengths on their back and on their front with combined arm and leg actions. They will practice retrieving submerged items and float on their back for 15 seconds.	
Combined stroke and kick	Combined arms and legs to flags on front and back
On front	Float on back for 15 seconds
On back	
Rotary breathing	
Safety Skills	
<b>SEALS</b>	<b>Pass to Dolphins</b>
Seals will learn to jump into the pool, fully submerge and recover to the surface and return to the side. They will learn the front crawl and elementary backstroke. They will also learn to push off in a streamline and begin kicking.	
Elementary Back Stroke	Elementary backstroke 25 yards
Diving	Front crawl 25 yards
Treading water	Push off in a streamline with dolphin kicks, surface and start flutter kicks
Breaststroke kick	
Flutter kick and dolphin kick	
<b>DOLPHINS</b>	<b>Pass to Swim Team Prep</b>
Dolphins swimmers will learn the breaststroke and start to learn the butterfly. They will practice swimming the front crawl and elementary backstroke for a full length of the pool.	
Breaststroke arms and legs	25 yards of Front Crawl, Back Crawl and Breaststroke
Back Crawl	Butterfly to flags
Safety skills	Standing dive
Butterfly	
Standing dive	
<b>SWIM TEAM PREP</b>	
This class will focus on diving, flip turns and refining the 4 competitive strokes.	
Diving	
Flip Turns/Open Turns	
Stroke work	