



New York Sharks Swim School

Sand Sharks

Level I

Ages 4, 5, K

Prerequisites: Students should be at least 4 years of age, not afraid of the water, and work with an instructor

Objectives: Overcome any fear and build confidence. Help students to be comfortable submerging in the water.

Safety: Identify and understand pool markings

Skills:

- Enter and exit pool independently
- Walk forwards with over the arm strokes
- Walk forwards while sculling out and in
- Walk backwards while sculling and looking up
- Blow bubbles and turns head to breath
- Bobbing under water 5 times consecutively
- Kick with kickboard for 40'
- Kick with noodle on back for 40'
- Supported float on back
- Supported float on front



New York Sharks Swim School

Sand Sharks

Level III

Ages 4, 5, K

Prerequisites: Tiger Sharks Level I skills, specifically rotary breathing, crawlstroke, backstroke and sculling.

Objectives: Teach bilateral breathing, breaststroke and dolphin kick, and somersaults.

Safety: Reaching assists using arms and leg skills.

Skills:

- Swim backstroke with continuous motion 80'
- Swim crawlstroke breathe bilaterally 80'
- Swim elementary backstroke 80' with glide
- Kick dolphin on surface on front 80' (arms to side)
- Kick streamlined breaststroke with toes flexed out 40'
- Kick on front streamlined, eyes down 30'
- Retrieve object from pool bottom 3'
- Swim 8 strokes recovering over water
- Swim backstroke, pinky first entry 80'
- Swim crawlstroke with rotary breathing 80'



New York Sharks Swim School

Sand Sharks

Level II

Ages 4, 5, K

Prerequisites: Sand Sharks Level I skills and will pay attention for 30 minutes.

Objectives: Teach rotary breathing, a strong kick, backstroke, and sculling

Safety: Use of Personal Floatation Device (PFD)

Skills:

- Jump into the water and fully submerge
- Bob 10 times and blow bubbles underwater
- Independent front float for 10 seconds
- Independent back float for 10 seconds
- Kick on back while sculling 40' loose feet
- Kick with board, bilateral breathing 40'
- Kick on front streamlined, eyes down 20'
- Retrieve object from pool bottom 3'
- Swim backstroke, pinky first entry 40'
- Swim with over arm recovery 20'



New York Sharks Swim School

Tiger Sharks

Level I

1st Grade to 9 Years

Prerequisites: There are no requirements for this class

Objectives: Teach rotary breathing, a strong kick, backstroke, and sculling

Safety: Reaching assists with pool equipment

Skills:

- Bob 15 times and blow bubbles underwater
- Independent front float for 10 seconds
- Independent back float for 10 seconds
- Kick on back while sculling 80' loose feet
- Kick with board, bilateral breathing 80'
- Kick on front streamlined, eyes down 30'
- Retrieve object from pool bottom 3'
- Swim 8 strokes recovering over water
- Swim backstroke, pinky first entry 80'
- Swim crawlstroke with rotary breathing 80'



New York Sharks Swim School

Tiger Sharks Level II 1st Grade to 10 Years

Prerequisites: All Tiger Sharks Level I skills, specifically rotary breathing, crawlstroke, backstroke and sculling.

Objectives: Teach bilateral breathing, breaststroke and dolphin kick, and somersaults.

Safety: Reaching assists using arms and leg skills.

Skills:

- Swim backstroke with continuous motion 80'
- Swim crawlstroke breathe bilaterally 80'
- Swim elementary backstroke 80' with glide
- Kick dolphin on surface on front 80' (arms to side)
- Kick breaststroke with toes flexed out, breathe every 2
- Front somersault exhaling from nose and mouth
- Open turns
- Kick streamlined on back 80'
- Kick streamlined on front 40'
- Swim crawlstroke with no noise, no splash



New York Sharks Swim School

Mako Sharks Level I Ages 6 – 11 Years

Prerequisites: All Sand Shark III skills or all Tiger Sharks Level II skills, specifically bilateral breathing, legal breaststroke and dolphin kick, and somersaults

Objectives: Coordinate breaststroke and butterfly, flip turns, and improve endurance.

Safety: Identifying potential pool hazards.

Skills:

- Swim crawl 100 yards with 3 flip turns
- Swim backstroke 100 yards with 3 flip turns
- Coordinate breaststroke, arms and legs with glide
- Coordinate butterfly, arms, legs w/ breathing every 2
- Tennessee flip turn progression
- Catchup stroke with noodles
- Crawlstroke breakout begin with 3 dolphin kicks
- Backstroke breakout begin with 3 dolphin kicks
- Swim 5x50 yds crawl @ 1:15 breathing every 3 w/ flips
- Swim 400 yds crawl breathing every 3 w/ flips