

SPLASH CLUB

SPLASHERS LESSONS PROGRAM



SPLASHERS LEVELS

1 On Your MARK

2 Get READY

3 Get SET

4 GO!

ON YOUR MARK

Entry Requirements

- At least 3 years old (must be potty trained)
- Be comfortable in water, enjoy playing in water
- Submerge head & open eyes underwater
- Be ready to learn how to swim

Class Objectives

- Blow bubbles with face in water
- Front & back floats x 5-10 secs independently
- Flutter kick with kickboard x 10 yds with face in water
- Push off wall, streamline with flutter kick on front to instructor (about 5 yds)
- Jump in deep water, turn around & return to wall unassisted
- Basic freestyle x 5 yards
- Kick back with arms at side
- Basic backstroke x 5 yds

GET READY

Entry Requirements

- Pass "On Your Mark" level -or-
- Blow bubbles while face is in the water
- Front & back floats x 5-10 secs independently
- Flutter kick with kickboard x 10 yds with face in water
- Push off wall, streamline with flutter kick on front to instructor (about 5 yds)
- Jump in deep water, turn around & return to wall unassisted
- Basic freestyle x 5 yds
- Kick on back with arms at side
- Basic backstroke x 5 yds

GET READY, CONT'D

Class Objectives

- Push off wall, flutter kick on back in streamline x 15 yds
- Freestyle x 15 yds with side-breathing
- Backstroke x 15 yds with consistent flutter kick
- Introduction to breaststroke kick
- Seated & Kneeling dives

GET SET

Entry Requirements

- Pass Ready! Class -or-
- Push off wall, flutter kick on back in streamline x 15 yds
- Freestyle x 15 yds with side-breathing
- Backstroke x 15 yds with consistent flutter kick
- Seated & Kneeling dives

Class Objectives

- Legal breaststroke kick with kick board x 15 yds
- Basic breaststroke coordination pull & kick
- Legal dolphin kick on back x 15 yds
- Basic butterfly coordination pull & kick

GO!

Entry Requirements

- Pass Set! Class -or-
- Push off wall, flutter kick on back in streamline x 15 yds
- Freestyle x 15 yds with side-breathing
- Backstroke x 15 yds with consistent flutter kick
- Seated & Kneeling dives
- Legal breaststroke kick with kick board x 15 yds
- Basic breaststroke coordination pull & kick
- Legal dolphin kick on back x 15 yds
- Basic butterfly coordination pull & kick

Class Objectives

- Push off wall, streamline 5 yds, freestyle rest of pool length (25 yds) continuously with side-breathing (not lifting head)
- Push off wall, streamline 5 yds, backstroke rest of length (25 yds) continuously with wall awareness
- Legal breaststroke x 15 yds
- Legal dolphin x 15 yds
- Standing dives
- Basic freestyle flip turn