

seahorse Swim School

PRESCHOOL SWIM PROGRESSION



LEVEL 1 - SPLASHING: Water Adaption, Safe Entry and Exit Of Pool, Adjustment to Coach, Blow Bubbles Under Water, Safety Rules.

TO EXIT TO THE NEXT LEVEL: Safe Entry and Exit Out of Pool, Blowing Bubbles.



LEVEL 2 - BUBBLES: Breath Holding and Release, Submersion Of Face, Open Eyes Under Water, Blowing Bubbles, Face Down In Prone Position Supported, Wall Bobs, Safety Rules

TO EXIT TO THE NEXT LEVEL: 10 Wall Bobs.



LEVEL 3 – FLOATING: - Prone Float with Support, Back Float with Support, Push Off Wall to Coach, Reach for Wall From the Coach, Balance Buttons.

TO EXIT TO THE NEXT LEVEL: Push off the wall to the Coach with face in the water.



LEVEL 4 - FRONT GLIDE WITH KICK: Front Float with Glide, Front Float with Kick, Kicking with Noodle.

TO EXIT TO THE NEXT LEVEL: Front Float and Glide 5 Seconds, 5 Bobs.



LEVEL 5 - BACK GLIDE WITH KICK: Back Float, Back Float w/Glide - Hands by Side, Back Float with Kick, Roll Over Front to Back, Roll Over Back to Front, Jumping Bobs.

TO EXIT TO THE NEXT LEVEL: Back Float and Glide 5 Seconds, Front Kick 15 Feet, Back Kick 15 Feet.



LEVEL 6 – SEESAW: Tread Water, Kick On Side with Support, Kick on Side with Side Breath, Seesaw, Sitting Bobs.

TO EXIT TO THE NEXT LEVEL: Sitting Bobs, Seesaw 15 Feet.



LEVEL 7 – DOLPHIN: Freestyle Arms, Kick on Side Unsupported, Backwards Bobs, Dolphin Kick.

TO EXIT TO THE NEXT LEVEL: Backwards Bobs, Kick One side 12.5 Yards



LEVEL 8 - KICK AND ROLL: Somersault Front/Back, Hand Sculling Feet To Bottom, 6 Kick Roll.

TO EXIT TO THE NEXT LEVEL: Kick and Roll 12.5 Yards, 10 Wall Bobs.



LEVEL 9 – FREESTYLE: Freestyle with Side Breath, Backstroke, Handstand, Double Somersault, 3 Penney Pickup, Arm Circle Jump, Snap Roll, Rifle Drill, Back 6 Kick Roll, Sculling.

TO EXIT TO THE NEXT LEVEL: 25 Free w/Side Breathing, 12.5 Yards Rifle Drill, Sculling 15 Feet.



LEVEL 10 – SWIMMING: Extended Freestyle, Backstroke, Tread Water, Arm Circle Dive, Handstand - Flip - Streamline, Freestyle w/Flip Turn, Back Start Arm Swing, Rifle Drill 25 Yards, Freestyle Breath Every 3rd.

TO EXIT: 50 Free with Flip Turn, 25 Back, Handstand, Flip, Streamline.