Beginner – Minnow (Age 3-4)

This class is for children that are at least 3 years of age. This class typically has a 1:1 or 1:2 teacher child ratio. In this class, we will discuss water safety like entering and exiting the pool as well as the following skills:

- kicking holding on to the edge of the pool
- bobbing under water while holding on to the edge of the pool
- blowing bubbles and "breathing"
- "hands on" front and back floating
- underwater exploration (diving for rings)

Intermediate - Barracudas (Age 3-5)

This class is for children that are comfortable in the water but with limited to some previous instruction. This class has a typical 1:3 or 1:4 teacher child ratio. Swimmers will progress during the summer from some "hands on" by the instructor to independently performing the skills. They should be able to perform all the skills from the Minnow class and they should be comfortable putting their face in the water.

Skills Include:

- Submerge entire head under surface
- Submerge and retrieve an object at 3ft deep
- Kicking using a kickboard with face in the water and beginning to breathing to side
- Bobbing (5-10) by selves no wall
- Pushing off the wall with arm movements (some instructor assistance)
- Front float with face in (5-10 seconds)
- Back float (5-10 seconds)
- Pushing off wall in gliding motion with face in the water
- Beginner strokes on front and back using arms and kicking (some instructor assistance)

Advanced – Dolphins (Age 4-6)

This class is for children that are comfortable being independent in the water but need emphasis on breathing and proper stroke development. This class has a typical 1:4 or 1:5 teacher child ratio. They should be able to perform all the skills from the Barracuda class. This class emphasizes endurance and improving stroke proficiency to prepare the swimmer for swim team.

Skills Include:

- Rhythmic breathing (kicking on side with face in and face out)
- 15 yards of freestyle stroke with breathing
- 15 yards of back stroke
- Jumping into deep water and swimming back to wall
- Jump in and swim 5-10 yards
- Roll over from front to back and back to front

Completion of above skills means you graduation to SHARK and are ready to participate on the Saybrook Shark Swim Team next season!!!