

Children's Aquatics Level Breakdowns & Requirements

Diaper Dippers- Level One, Level Two, Level Three

Diaper Dippers- 30 minute Parent & Child Classes

- Diaper Dippers is a 30 Minute program offered for infants & toddlers with their parents. Our program covers safety skills, water adjustment, forward movement, and submersion. **Children must wear a swim diaper, rubber pants, and a swim suit.**

Diaper Dippers Level One: Age Minimum- six months

Level Requirements: None

Level Notes:

- Parent required in water at all times with child.
- Children who are not potty trained are required to wear a swim diaper, rubber pants, and a swim suit.

Diaper Dippers Level Two: Ages 6mo- 2 ½ years

Level Requirements: Over the age of 6 mo. Or completion of Diaper Dippers level one.

Level notes:

- Parent required in water at all times
- Children who are not potty trained are required to wear a swim diaper, rubber pants, and a swim suit.

Diaper Dippers Level Three: Ages 8 mo.- 2 ½ years

Level Requirements: Over the age of 8mo. or completion of Diaper Dippers level 2 or comparable infant program at another facility.

Level Notes:

- Parent required in water at all times
- Children who are not potty trained are required to wear a swim diaper, rubber pants, and a swim suit.

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Diaper Dippers Levels 1-3 Developing Skills taught in class.

- Diaper Dippers is a class designed specifically for infants to become comfortable in the water (outside of their bathtub) and for parents to become comfortable with their kids in the water with them, and teaching new skills. The following skills are practiced in Diaper Dippers levels One- Three. The Submersion progress becomes more challenging as the infants progress in the water. We fully cater and accommodate to each child & parent needs in the water when it comes to submersions
- Safe Spot & Safety wall –discussed, understood, and attempted
- Climb along pool wall
- Kicking Explained & attempted (Parent & child)
- Bubbles-discussed and attempted (if age appropriate)
- Back Float discussed and attempted
- Front float discussed and attempted
- Infant Submersion-discussed and attempted (this will gradually develop and get harder as the child progresses in class)
- Torpedo Pass Above water
- Torpedo Pass underwater
- Seated Jumps from Safety
- Water themed songs and nursery rhymes are sung in the class to promote comfort during swimming lessons.

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Tadpoles- "Learn to swim"

Tadpoles - 45 minute Parent & Child Classes

- Tadpoles is a 45 minute program for child and parent offered for children 2 ½ yr.– 5yr. This class assists children to gain confidence in the water before transitioning to our Hydrokids lessons without parents.

Age Minimum: 2 ½ yr.

Level Requirements: Completion of Diaper Dippers/ 2 ½ or older/ completing infant water program at another facility. Child must be comfortable in water with parent, Willing to attempt assisted front floats, back floats, and sing along games & activities.

Level Notes: Tadpoles class is a class for parent and child to learn how a structured swimming lesson class is taught. In tadpoles there will be structured warm up, safety seat, waiting turns, and attempting & practicing new water skills. In the last two- three tadpoles classes we will have parents exit the water and sit on the stairs leading to the water. This gives the instructor a chance to see who is willing to participate and try the class skills without parents in the water. This is a great indicator to see if children are ready for our Hydrokids lessons without parents.

Tadpoles Developing Skills taught in class:

- Jump in the water and return to safety
- Streamline from the stairs or wall
- Assisted kicking on front & back
- Kicking with a kickboard
- Crawling along stairs
- Bunny hops in water
- Picking up rings in the water
- Assisted Front & Back float

Skills needed to pass Tadpoles:

- Child is comfortable attempting/ going under water independently
- Child will attempt all water skills with instructor's assistance.
- Child is able to wait at safety or stairs when it is not their turn.
- Child remains composed when parent leaves for class & can tell parent when they need to use the bathroom. (no parent in Hydrokids 60 minute class)

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Hydrokids Levels One- Six

Hydrokids- 60 minute Classes (no parent)

- Hydrokids is a sixty minute program for children 3yr– 14yr. six levels offered based off of progression of accurate swimming techniques.
- Our program is an endurance based program that is built on progression of core swimming skills to build not only technique, but endurance in the water for life long swimmers.

Hydrokids Level One

Age Minimum- 3 ½ yr.

Level Requirements:

- Child needs to be able to attempt all water skills with instructor's assistance.
- Child needs to be able to wait at safety or stairs when it is not their turn.
- Child needs to be able to remain composed when parent leaves for class & can tell instructor when they need to use the bathroom. (no parent in Hydrokids 60 minute class)

Level Notes:

- Level One Hydrokids is intended for swimmers new to the water & structured swimming lessons classes. There are no aquatic skills needed to begin this class.

Level One Developing Skills Taught in class:

- Safe Entry/ Exit from water
- Blowing bubbles from mouth & nose
- Instructor assisted front and back kicking with noodle & kickboard
- Instructor assisted front & Back floating
- Picking up rings from stairs & bottom of pool

Skills needed to pass Level One:

- Child can listen to instructions & wait safely when not their turn in class
- Child can go under water (face or head) for 3-5 seconds independently
- Child can pick up a ring off of the bottom of the pool while blowing bubbles out under water.
- Child is willing to attempt instructor assisted water skills

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Hydrokids Level Two

Level Requirements:

- Child can listen to instructions & wait safely when not their turn in class
- Child can go under water for 3-5 seconds independently
- Child can pick up a ring off of the bottom of the pool while blowing bubbles out under water.
- Child is willing to attempt instructor assisted water skills & learn how to attempt them on their own.
- Child will jump off the wall to the instructor.

Level Notes: Level two Hydrokids takes place in our zero depth shallow end so swimmers are comfortable standing in the water. This level is intended for swimmers who have passed level one Hydrokids or some type of lessons at another facility. In order to be in level two the swimmer needs to be able & comfortable going under water without assistance. This class will continue the growth of being in a structured swimming lesson as well as practice swimming skills independently instead of instructor assisted.

Level Two Developing skills taught in class:

- Safe Entry/ Exit from water
- Blowing bubbles from mouth & nose
- Independent front and back kicking with noodle & kickboard
- Instructor assisted transitioning to independent front & Back floating
- Picking up rings from the bottom of pool
- Jumping into chest deep water to the instructor.

Skills needed to pass level two:

- Swimmer can get into a front float for 5-10 seconds independently
- Swimmer can get into a back float for 5-10 seconds independently
- Swimmer can kick across the shallow pool with correct technique on front with kickboard two times without stopping in the middle.
- Swimmer shows confidence & safety in the lap lanes where jumps take place.

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Hydrokids Level Three

Level Requirements:

- Child can listen to instructions & wait safely when not their turn in class
- Swimmer can get into a front float for 5-10 seconds independently
- Swimmer can get into a back float for 5-10 seconds independently
- Swimmer can kick across the shallow pool with correct technique on front with kickboard two times without stopping in the middle.
- Swimmer shows confidence & safety in the lap lanes where jumps take place.
- Swimmer listens to directions from the instructor.

Level Notes: Level three Hydrokids takes place in our lap lanes. The lap lanes are **DEPTH**. In order to be in Hydrokids level three swimmers need to feel comfortable and confident standing in the lane whether on a step stool or bottom. This level is intended for swimmers who have passed level two Hydrokids or swimming lessons at another facility that teach similar skills. In order to be in level three the swimmer needs to be able to float on their front and back in the lap lanes, and kick instructor assisted & independently with a kickboard.

Level Three skills taught in class:

- Head lead back kicking for 25 yards (instructor assisted & independently)
- Front kicking for 25 yards with kickboard (instructor assisted & independently)
- Front streamline for 15 yards (instructor assisted & independently)
- Back streamline for 15 yards (instructor assisted & independently)
- Confidence in deeper water

Skills needed to pass Hydrokids Level Three

- The skills listed above need to be mastered in order to pass level three Hydrokids.
- Our program is an endurance based program, and we need these kids to have strong legs, upper body, and torso while performing these skills to pass to the next levels.

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Hydrokids Level Four

Level Requirements:

- Head lead back kicking for 25 yards (instructor assisted & independently)
- Front kicking for 25 yards with kickboard (instructor assisted & independently)
- Front streamline for 15 yards (instructor assisted & independently)
- Back streamline for 15 yards (instructor assisted & independently)
- Confidence in deeper water

Level Notes: Level four Hydrokids takes place in our lap lanes. The lap lanes are **DEPTH**. In order to be in Hydrokids level four swimmers need to feel comfortable and confident standing in the lane. This level is intended for swimmers who have passed level three Hydrokids or swimming lessons at another facility that teach similar skills. In order to be in level four the swimmer needs to be able to kick on their front with a kickboard using correct technique for 25 yards without stopping, kick on their back unassisted using correct technique for 25 yards without stopping, kick in front streamline for 15 yards, and flip to their back streamline and kick the remaining portion of the lane without assistance.

- **Please note** – Your swimmer will be assisted half of the length with some skills, and expected to be confident swimming independently the remaining portion of the lane. We set high expectations for level four and higher. We set these expectations of strong swimmers to ensure water safety in class.

Level Four skills taught in class:

- Head lead side kicking on right & left side with correct technique for 25 yards.
- Single switch freestyle with correct technique for 25 yards
- Head lead back kicking with shoulder rotation for 25 yards

Skills needed to pass Hydrokids Level Four

- The skills listed above need to be mastered in order to pass level four Hydrokids.
- Our program is an endurance based program, we are looking for our swimmers to have strong legs, upper body, and torso while performing these skills to pass to the next levels & ensure safety.

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Hydrokids Level "Five A"

Level Requirements:

- Head lead side kicking on right & left side with correct technique & strong side kicking for 25 yards.
- Single switch freestyle with correct technique & strong kicking for 25 yards
- Head lead back kicking with shoulder rotation for 25 yards

Level Notes: Level "five A" Hydrokids takes place in our lap lanes. The lap lanes are **DEPTH**. In order to be in Hydrokids level "five A" swimmers need to feel comfortable and confident standing in the lane. This level is intended for swimmers who have passed level four Hydrokids or swimming lessons at another facility that teach similar skills. In order to be in level "five A" the swimmer needs to be able to swim single switch freestyle as well as head lead back kicking strong kicking & correct technique for 25 yards without stopping.

- **Please note** – Your swimmer will be assisted half of the length with some skills, and expected to be confident swimming independently the remaining portion of the lane. We set high expectations for the higher levels. We set these expectations of strong swimmers to ensure water safety in class.

Level "Five A" skills taught in class:

- Triple switch freestyle- 25 yards with correct body position, strong kicking, and correct technique.
- Freestyle-25 yards with side breathing as well as consecutive arm pulling with lead arm and rotation.
- Backstroke- 25 yards with correct body position, strong kicking, and correct technique.
- Treading water in the diving well for one minute unassisted

Skills needed to pass Hydrokids Level "Five A"

- The skills listed above need to be mastered in order to pass level "Five A" Hydrokids.
- Our program is an endurance based program, we are looking for our swimmers to have strong legs, upper body, and torso while performing these skills to pass to the next levels & ensure safety.

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Hydrokids Level "Five B"

Level Requirements:

- Triple switch freestyle- 25 yards with correct body position, strong kicking, and correct technique.
- Backstroke- 25 yards with correct body position, strong kicking, and correct technique.
- Treading water in the diving well for one minute unassisted

Level Notes: Level "five B" Hydrokids takes place in our lap lanes. The lap lanes are **DEPTH**. In order to be in Hydrokids level "Five B" swimmers need to feel comfortable and confident standing in the lane. This level is intended for swimmers who have passed level "Five A" Hydrokids or swimming lessons at another facility that teach similar skills. In order to be in level "five B" the swimmer needs to be able to swim triple switch freestyle & Backstroke for 25 yards with correct technique & strong kicking.

Please note – Your swimmer will be assisted half of the length with some skills, and expected to be confident swimming independently the remaining portion of the lane. We set high expectations for the higher levels. We set these expectations of strong swimmers to ensure water safety in class.

Level "Five B" skills taught in class:

- Hand lead pulsing with correct technique for 25 yards
- Breaststroke with correct technique & timing for 25 yards
- Treading water in the diving well for one minute unassisted

Skills needed to pass Hydrokids Level "Five B"

- The skills listed above need to be mastered in order to pass level "Five B" Hydrokids.
- Our program is an endurance based program, we are looking for our swimmers to have strong legs, upper body, and torso while performing these skills to pass to the next levels & ensure safety.

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Tsunami

Tsunami - 60 classes

- Tsunami is a sixty Minute program for students who have passed our level 6 **OR** who can swim Freestyle, Backstroke, Breastroke, and beginner butterfly. This program is meant for swimmers to build endurance needed for recreational lap swimming, and/ or of season conditioning for swim team.

Level Requirements: Completion of level six OR who can swim Freestyle, Backstroke, Breastroke, and beginner butterfly. This program is meant for swimmers to build endurance needed for recreational lap swimming, and/ or conditioning for swim team.

Level Notes: Tsunami is a program that is ran like a swim team practice. The focus of tsunami is to refine strokes, work on speed & endurance, and understand how swim practices (recreational or team) are conducted. Swimming technique drills as well as diving and treading practice are incorporated into these fast moving lessons.

Skills taught in Tsunami:

- Freestyle, Backstroke, Breastroke, & Butterfly repetition
 - Stroke technique drills
 - Speed drills
 - Flip turns
 - Two hand touch turns
 - Dives
 - Treading water
 - Kicking drills
 - Pulling drills
 - Endurance & sprint drills
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- **Please Note:** Each practice is ran differently based on the strokes chosen by the instructor. Swimmers can be expected to swim around 25-30 laps a class.