

# Swim Lesson Descriptions

## BEGINNER CLASSES

### Parent Tot: Ages 6 months – 3

1 Instructor: 5 participants

Work with your child in the water while the instructor provides supervision and guidance. The goal is to introduce the child to water adjustment skills in a safe and friendly environment. Adult(18+) must always stay in the water with their child.

**\*One Parent Per Child\***

### Starfish: Ages 4 – 6

1 Instructor: 4 participants

Beginning class for children who are ready to transition from the Parent Tot lessons, can be in the water without adult support and have little to no aquatic experience. Children will learn to put their face in the water, blow bubbles, and float on their front and back with assistance.

### Penguin: Ages 8 – 15

1 Instructor: 4 participants

Beginner class for young swimmers who want to learn the basics of swimming such as floating, side breathing, and swimming stroke development. Participants do not need any swimming experience but must be comfortable being in the water. Class will be taught in 3ft of water to give swimmers the ability to practice their skills.

## INTERMEDIATE CLASSES

### Seahorse: Ages 4 – 7

1 Instructor: 6 participants

For participants who have demonstrated aquatic abilities such as floating, bobbing, and retrieving items in the shallow end. Students will be introduced to a variety of strokes such as freestyle and backstroke that will help them develop a better understanding of swimming basics.

### Sea Turtle: Ages 5 – 7

1 Instructor: 6 participants

For participants who can float on their front and back independently and can demonstrate the freestyle and backstroke technique. Students will focus on strengthening their freestyle & backstroke skills and will practice fully submerging to retrieve objects in 4ft of water.

### Manta Ray: Ages 8 – 14

1 Instructor: 6 participants

For participants who can swim 15 yards using the correct freestyle and backstroke technique. Students in class will be introduced to swimming in deep water, treading, beginner diving entries, and the breaststroke technique.

## ADVANCED CLASSES

### Sea Lion: Ages 9 – 15

1 Instructor: 6 participants

For participants who can swim at least 25 – 50 yards correct freestyle, backstroke, breaststroke, and enter the water headfirst. Students will be introduced to the butterfly stroke, flip turns, treading techniques, and submerging in deep water.

### Dolphin: Ages 10 – 17

1 Instructor: 6 participants

For participants who can swim at least 50 – 100 yards correct freestyle, backstroke, breaststroke, and butterfly. Each student must be able to perform flip turns, dive from a standing position, and submerge in deep water. Students will work on refining their strokes and stamina to improve their overall swimming ability.

## PRIVATE LESSONS

### Ages 4 – 17

1 Instructor: 1 participant

Does your child need a more individualized lesson? Trained swim instructors will evaluate and work with your child to help them become comfortable in the water, a more confident swimmer, or to improve on strokes. All swim levels are welcome.



*Please register at [SantaClaraCA.gov/Activenet](https://www.santacruzca.gov/Activenet). Registration begins February 27, 2024 at 7am.*

## When is my child ready for the next level?

# BEGINNER CLASS - EXIT ASSESSMENTS

<b>Parent Tot</b>	Parent tot is focused on parent and child participation and comfort in a pool setting. There is no formal exit assessment. Your child may move up to Starfish when they are 4 years of age.
<b>Starfish</b>	<p><b>Your child may move up to Seahorse if they are able to successfully demonstrate:</b></p> <ul style="list-style-type: none"> <li>- Blowing bubbles from their nose</li> <li>- Fully submerging head underwater.</li> <li>- Front &amp; back float for 5 seconds, with support.</li> <li>- Using a kickboard for front &amp; back kicks with support.</li> <li>- Freestyle arm &amp; leg action with support.</li> <li>- Retrieve submerged objects in shallow water.</li> </ul>
<b>Penguin</b>	<p><b>Your child may move up to Manta Ray if they are able to successfully demonstrate:</b></p> <ul style="list-style-type: none"> <li>- Front &amp; back float without support.</li> <li>- Gliding off the wall on their front &amp; back.</li> <li>- Using the freestyle &amp; backstroke technique to swim 15 yards.</li> <li>- Jumping in 5ft of water and recovering back to the surface</li> <li>- Retrieve submerged objects in 5ft of water.</li> <li>- Proper side breathing.</li> </ul>

# INTERMEDIATE CLASSES - EXIT ASSESSMENTS

<b>Seahorse</b>	<p><b>Your child may move up to Sea Turtle if they are able to successfully demonstrate:</b></p> <ul style="list-style-type: none"> <li>- Rolling from their front to back &amp; back to front.</li> <li>- Retrieve submerged objects in 3ft of water.</li> <li>- Front &amp; back-kick for 5 yards using a kickboard or barbell.</li> <li>- Using both arms &amp; legs to swim 5 yards.</li> <li>- Enter the water by jumping in without assistance.</li> <li>- Front &amp; back glide off the wall.</li> </ul>
<b>Sea Turtle</b>	<p><b>Your child may move up to Manta Ray if they are able to successfully demonstrate:</b></p> <ul style="list-style-type: none"> <li>- Front &amp; back float without support.</li> <li>- Front &amp; back-kick for 15 yards.</li> <li>- Using the freestyle technique to swim 15 yards.</li> <li>- Using the backstroke technique to swim 15 yards.</li> <li>- Jumping in 5ft of water and recovering back to the surface.</li> <li>- Retrieve submerged objects in 4ft of water.</li> </ul>
<b>Manta Ray</b>	<p><b>Your child may move up to Sea Lion if they are able to successfully demonstrate:</b></p> <ul style="list-style-type: none"> <li>- Front &amp; back float in deep water.</li> <li>- Freestyle, backstroke, &amp; breaststroke for 25 yards.</li> <li>- Dive headfirst from sitting &amp; kneeling position without support.</li> <li>- Jump in deep water, recover, &amp; swim 25 yards.</li> <li>- Retrieve submerged objects in 7ft of water.</li> <li>- Tread water for 30 seconds.</li> </ul>

# ADVANCED CLASSES - EXIT ASSESSMENTS

<b>Sea Lion</b>	<p><b>Your child may move up to Dolphin if they are able to successfully demonstrate:</b></p> <ul style="list-style-type: none"> <li>- Swimming 50 yards using a variety of strokes.</li> <li>- Swimming underwater for 15 yards.</li> <li>- Traveling 15 yards in a streamline position.</li> <li>- Diving headfirst from a standing position.</li> <li>- Retrieve submerged objects in deep water.</li> <li>- Tread water for 2 minutes.</li> </ul>
<b>Dolphin</b>	<p><b>Your child will have completed all swim level classes by successfully demonstrating all skills listed above, followed by:</b></p> <ul style="list-style-type: none"> <li>- Swimming 100 yards using a variety of strokes.</li> <li>- Diving from a standing position and retrieving submerged objects.</li> <li>- Treading water using only their legs.</li> <li>- Swimming a 100 yard IM.</li> </ul>

# PRIVATE LESSONS

**Your child will have the opportunity to work on all the skills listed above, in addition to:**

- Stroke refinement.
- Floating & treading techniques.
- Diving techniques.
- Timed continuous swimming.

*For questions about swim lessons, please email [SantaClaraAquatics@santaclaraca.gov](mailto:SantaClaraAquatics@santaclaraca.gov)*