



SWIM LESSONS

ASSESSMENTS AVAILABLE: M - TH | 4pm- 8pm at the Surprise Aquatic Center

WWW.SURPRISEAZ.GOV/AQUATICS

AGES 6 months - 3 yrs

SEALS & PUPS

(Formerly Star Tots - Parent Tot)

Skills Required: Parent participation required. Participants must wear swim diapers unless 100% potty trained. All skills are to be performed with assistance from a parent.

Class Focus: To be comfortable in the water. Participants will practice jumping in the water, turn and find the wall, and exit the pool. Float on back. Roll from stomach to back float. Bobbing. Submerge underwater. Glide and kick 3ft away from the wall to an instructor.

To Advance to Shrimps: Paddle and kick with face submerged for 3ft, enter the pool from the wall, submerge underwater, come up for a breath and float on back. Climb out of the water.

AGES 3 - 5

SHRIMPS

(Formerly White/Red Beginning)

Skills Required: Must be able to participate independently.

Class Focus: Learn how to enter and exit the water safely, ask permission before entering/jumping in. Follow directions, submerge underwater independently, learn to bob and use forward arm movements.

To Advance to Guppies: Submerge underwater independently, front float transition to a back float. *Must be performed in swimwear and regular clothes.

GUPPIES

(Formerly Yellow Beginning)

Skills Required: Jumping in the water without hesitation and then transition to a back float.

Class Focus: Perform forward arm movements and change direction in the water. Participants will practice picking up a submerged pool toy.

To Advance to Minnows: Enter the water by jumping, submerge underwater, use arms and legs simultaneously in a forward motion and be able to change direction in the water.

MINNOWS

(Formerly Blue/Green Beginning)

Skills Required: Enter the water by jumping, transition to a side position, moving forward while kicking 10ft.

Class Focus: Develop a freestyle swim movement with correct body positioning and breathing, learn backstroke skills.

To Advance to Sea Horse: Rotate into a side gliding position and swim freestyle strokes for 30 ft.

SWIM LESSONS

AGES 5+

SEA HORSES

(Formerly White/Red Beginning)

Skills Required: Must be able to participate independently.

Class Focus: Learn how to enter and exit the water safely, ask permission before jumping in. Listen and follow directions, go under water completely and independently. Learn how to bob and students will also learn basic arm movements.

Must Complete to Advance: Independently go under water, roll on back and be able to come up for air. *This needs to happen in swimwear and regular clothes.

SEA TURTLES

(Formerly Yellow Beginning)

Skills Required: Jump in; roll on back for 5 seconds.

Class Focus: Learn to move in forward movements and change direction in the water. Participants will also practice picking up a pool toy from under water.

Must Complete to Advance: Jump in the water, put themselves under water, swim using a forward motion and be able to change direction in the water.

SEA OTTERS

(Formerly Blue/Green Beginning)

Skills Required: Jump in and be able to rotate themselves into a side position in the water and be able to kick 10 ft.

Class Focus: Learn how to develop a freestyle motion with correct body positioning and breathing as well as start learning backstroke skills.

Must Complete to Advance: Rotate into a side gliding position and swim 30 ft. doing freestyle strokes in the water.

SEA LIONS

(Formerly White/Red Advanced)

Skills Required: Jump in, swim 30 ft. performing freestyle, while breathing to the side.

Class Focus: Introduction to backstroke, while learning the introduction to the butterfly stroke body motions. Participants will also continue to practice and improve swimming freestyle.

Must Complete to Advance: Swim 30 ft. of backstroke with straight arms, body roll in the water and basic arm movements (down pulsing) for the butterfly stroke.

DOLPHINS

(Formerly Yellow/Blue Advanced)

Skills Required: Demonstrate freestyle and backstroke 30 ft., demonstrate butterfly 10ft.

Class Focus: Refine butterfly and learn breaststroke.

Must Complete to Advance: Swim 30 ft. of breaststroke and complete 4 strokes of butterfly.

DIVING DUCKS

(Formerly Diving Class)

Skills Required: Strong swimmer and tread water for 15 seconds.

Class Focus: Introduction to diving.

Must Complete to Advance: Perform the correct approach and a front dive.