

### **Guppy School: Sprinklers**

Prerequisites: 3-5 years of age

Sprinklers is designed to orient children to the aquatic environment with the full support of the instructor and to help them acquire basic aquatic skills (front and back glide, back float, treading water, alternating leg and arm actions on front/back) . In addition, teaching them safety in and around water.

### **Guppy School: Puddles**

Prerequisites: 3-5 years of age and master the skills required of Sprinklers

Puddles is designed to help children gain the confidence and skills to swim independently with and without the aide of floatation devices. Some of the more advanced skills of this group are, jumping from the side unsupported, back float unsupported for 5 seconds, swim on front with face submerged making progress for 1 body length, and recover to a standing position without support from instructor or floatation devices. Continue teaching children safety in and around water.

### **Guppy School: Waves**

Prerequisites: 3-5 years of age and master the skills required of Puddles

Waves class will teach children the fundamentals of strokes to become completely independent swimmers. Children will spend majority of class time swimming in 4 foot lap pool. Learning front crawl and converting to back or side for breath. Treading water for 15 seconds unsupported, skills to support breath control, and success in transitioning from one skill to another. Instructors will strive to challenge and increase student's abilities in Waves group until children reach age 6 and advance to "Color" groups.

### **White Group**

The white group is our introductory class for children ages 6-15 to get comfortable in the water. All the skills are done with assistance. Some of the skills they will work on are back and front floating, rolling with a noodle from front to back, and finning. By the end of the session the goal is to be able to fully submerge their head and be comfortable in the water.

### **Red Group**

The focus of the red group concentrates on safety and getting more comfortable in the water. Some of the skills learned in this group are front float without support, back float with support, front glide, back glide, rolling in the water, recovering from the floats, treading, swimming on front and back for short distances. These skills are lifesaving techniques as well as beginning stroke methods. Most of the skills are done with assistance. They also learn to bob in the water, submerging their whole head learning breath control.

### **Orange Group**

The orange group is for the child that is comfortable in the water and doing skills without assistance. The focus in this group is being safer in the water by learning several ways to float. Some of the skills that they will be working on is submerging and retrieving sticks from the bottom of the pool, bobbing, treading with no support for 10 seconds, several front floats, and back float without assistance for 15 seconds. For swimming they learn the basics of front crawl with rolling to their back for a breath (a must for proper freestyle technique) , elementary backstroke, backstroke and finning on their back. Correct swim technique is enforced for success as the child moves through all the groups.

### **Yellow Group**

The yellow group cultivates the skills learned in orange. The kids learn to rotary breath for front crawl, pushing off the wall under the water and streamline kicking for 15 yards, building on elementary backstroke and backstroke. More advanced safety skills are accomplished such as some deep water skills like floating for 30 seconds, and treading water for one minute. Diving is also introduced. This group also begins swimming yardage required for success in the next 3 color groups.

### **Green Group**

The green group continues to build on the strokes that have been learned in previous levels. More work is required on the body rotation, the pull and the recovery of the freestyle. In this group the child works on pushing off the wall under water on their back and then streamline kicking on their back for 15 yards. For backstroke- body rotation and the recovery are the focus. For elementary backstroke they work on perfecting the kick and on endurance. In this group we start to introduce breaststroke by learning the pull and kick separately. Butterfly is also introduced in this group. Safety skills that we focus on is treading water for 3 minutes, and recalling the safety rules they have learned in previous groups.

### **Blue Group**

The blue group equips the swimmer with skills in the event they would like to pursue a swim team. Endurance is a focus for freestyle (50 yards), elementary backstroke (100 yards) and backstroke (50 yards). The pull for backstroke is refined. They build on their knowledge for breaststroke and butterfly, the timing of the two strokes plus the recovery is a big focus for this level. Start dives, surface dives, and open turns are learned in this level. Safety skills in this level are sculling, treading for 5 minutes, as well as briefly reiterating the safety topics we have covered in the previous groups.

**In all our groups every skill must be learned before progressing to the next group. The skills learned in each group are expanded on in the next group and more difficult techniques are introduced. Please remember it's not about your child "passing" or "failing" a group. It's about mastering the skills in their current group so when they are advanced to the next group they will be more successful. Safety skills are taught in every group and include but are not limited to; the importance of not going in the water when someone needs help ("reach and throw, don't go), showing them ways to assist a swimmer in trouble, the significance of looking to be aware of dangers in any body of water and life jacket importance. All color groups beginning with the Red are taught in the 4 foot competition pool.**