






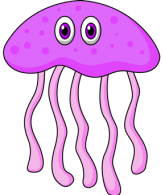
Preschool Program At a glance

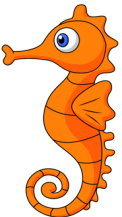
The below descriptions reflect only a few of the required skills and do not include the evaluation criteria
All preschool levels Turtle and higher are 2:1 classes with the instructor. Li'l Swimmer 1:1 are available upon request

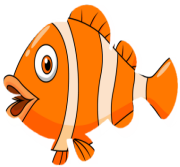
	<p>Parent & Tot Guppy 12 – 24 months</p> <p>In this class both parent and child are in the water to experience water adjustment and basic swimming skills such as movement, front and back floats. This is a play-based class with fun activities. Once participants turn 2, they move into the Goldfish class.</p> <p style="text-align: right;">Next level is Goldfish!</p>
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	<p>Parent & Tot Goldfish 24-36 months</p> <p>In this class both parent and child are in the water to experience water adjustment and basic swimming skills such as movement, front and back floats. This is a play-based class with fun activities. Once participants turn 3, they move into the Turtle class.</p> <p style="text-align: right;">Next level is Turtle!</p>
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<p>Preschool Turtle 3 years</p> <p>This class is the introductory level for 3 year olds. All skills are assisted by the instructor. Participants learn safe entries and exits, shallow water movement, bubbles and face in the water. We introduce front and back floats, roll-over floats front and back glides.</p> <p style="text-align: right;">Next level is Seahorse!</p>	
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<p>Preschool Jelly Fish 4-5 years</p> <p>This class is the introductory level for 4 and 5 year olds. All skills are assisted by the instructor. Participants learn safe entries and exits, shallow water movement, bubbles and face in the water. We introduce front and back floats, roll-over floats, front and back glides.</p> <p style="text-align: right;">Next level is Seahorse!</p>	
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	<p>Preschool Seahorse 3-5 years</p> <p>This class is appropriate for children who have successfully completed either Turtle or Jelly Fish. Participants in the level are comfortable with submersion and ready for independent skills. Skills include front and back floats, front and back glides and roll-over floats wearing a PFD.</p> <p style="text-align: right;">Next level is Clown Fish!</p>
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	<p>Preschool Clown Fish 3-5 years</p> <p>This level is appropriate for children who have successfully completed Seahorse. Participants will work on independent skills in this level including floats, roll-over floats, glides and flutter kicking. We will continue to work on PFD skills including entries, movement skills.</p> <p style="text-align: right;">Next level is Dolphin!</p>
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<p>Preschool Dolphin 3-5 years</p> <p>This level is appropriate for children who have successfully completed Clown Fish. Participants work on extending the distance of their skills and increasing independence. Side glides will be introduced as well as front and back swims. Flutter kicking of distances of up to 7 meters and glides of up to 5 meters will be developed.</p> <p style="text-align: right;">Next level is Octopus!</p>	
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<p>Preschool Octopus 3-5 years</p> <p>This is the final level in our Preschool program. Participants will learn forward and side roll entries with a PFD. Increased distances of up to 7 meters and the introduction of front and back swims. Interval training will be introduced at this level.</p> <p style="text-align: right;">Next level is Beach 2</p>	
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