

WHAT CLASS SHOULD MY CHILD TAKE?

6 – 36 MONTHS

Water Babies A (6 – 18 months)

Students in this class must have a parent or guardian accompany them in the class. Swim diapers are required and must be worn under the child's swimsuit. There are no prerequisites to join this class. Students will learn to become confident in and under the water.

Prerequisites: None

Register for [Water Babies A](#)

Water Babies B (18 – 36 months)

Students in this class must have a parent or guardian accompany them in the class. Swim diapers are required and must be worn under the child's swimsuit. There are no prerequisites to join this class. Students will learn to become confident in and under the water.

Prerequisites: None

Register for [Water Babies B](#)

Ages 3 - 5

MY CHILD IS NEW TO SWIMMING OR IS NOT YET SWIMMING INDEPENDENTLY:

Frogs

Students will become confident swimming underwater and floating independently.

Prerequisites: None

Register for [Frogs](#)

MY CHILD IS COMFORABLE SWIMMING INDEPENDENTLY:

Gobies

To enroll in this class, your child must be able to float independently for 3-5 feet. Prospective students must be comfortable underwater and must be able to maintain their front and back float for a minimum of 5 seconds. Graduation from Frogs class confirms eligibility for this level.

Prerequisites: Prospective students must be able to perform ALL of the following skills:

- *Independently float 3-5 feet*

- *Independently get into and hold a front float with face under water for at least 5 seconds*
- *Independently get into and hold a back float for at least 5 seconds*

Register for [Gobies](#) (link to classes)

Tiger Barbs

To enroll in this class, your child must be able to swim freestyle (without breathing) for 7-10 feet. Prospective students must also be able to streamline kick on their back. Graduation from Gobies confirms eligibility for this level.

Prerequisites: Prospective students must be able to perform ALL of the following skills:

- *Relaxed head-down freestyle without breathing for 7-10 feet*
- *Correct streamline form*
- *Correct backstroke kicks with arms in streamline*

Register for [Tiger Barbs](#)

Ages 6 - 14

MY CHILD IS NEW TO SWIMMING OR IS NOT YET SWIMMING INDEPENDENTLY:

Puffers (equivalent to Frogs)

Students will become confident swimming underwater and floating independently.

Prerequisites: None

Register for [Puffers](#)

MY CHILD IS COMFORABLE IN THE WATER:

Stingrays (equivalent to Gobies)

To enroll in this class, your child must be able to float independently for 3-5 feet. Prospective students must be comfortable underwater and must be able to maintain their front and back float for a minimum of 5 seconds. Graduation from Puffers class confirms eligibility for this level.

Prerequisites: Prospective students must be able to perform ALL of the following skills:

- *Independently float 3-5 feet*
- *Independently get into and hold a front float with face under water for at least 5 seconds*
- *Independently get into and hold a back float for at least 5 seconds*

Register for [Stingrays](#)

MY CHILD IS COMFORABLE SWIMMING INDEPENDENTLY:

Seals (equivalent to Tiger Barbs)

To enroll in this class, your child must be able to swim freestyle (without breathing) for 7-10 feet. Prospective students must also be able to streamline kick on their back. Graduation from Stingrays confirms eligibility for this level.

Prerequisites: Prospective students must be able to perform ALL of the following skills:

- *Relaxed head-down freestyle without breathing for 7-10 feet*
- *Correct streamline form*
- *Correct backstroke kicks with arms in streamline*

Register for [Seals](#)

MY CHILD WOULD LIKE TO PREPARE FOR COMPETITIVE SWIMMING:

Dolphins

To enroll in this class, your child must be able to swim freestyle (with side breathing to one side) and backstroke. Prospective students must be able to demonstrate correct breaststroke and butterfly kicks. Graduation from Tiger Barbs or Seals confirms eligibility for this level.

Prerequisites: Prospective students must be able to perform ALL of the following skills:

- *Freestyle with side breathing on one side*
- *Correct backstroke with arms and kicks*
- *Correct breaststroke kicks*
- *Correct butterfly kicks*

Register for [Dolphins](#)

Sharks

To enroll in this class, your child must be able to swim the four competitive strokes: freestyle, backstroke, breaststroke, and butterfly. Prospective students must also be able to perform a proper sit-down dive and underwater somersault. Graduation from Dolphins confirms eligibility for this level.

Prerequisites: Prospective students must be able to perform ALL of the following skills:

- *Freestyle with side breathing on both sides*
- *Correct backstroke with arms and kicks*
- *Correct breaststroke form with arms and kicks*
- *Correct butterfly form with arms and kicks*
- *Correct sit-down dive*
- *Front somersault underwater*

Register for [Sharks](#)