



SWIMMING LESSONS

SEA PUP ages 3 - 5

Sea Pup 1 - This level is for brand new Sea Pups that are still nervous in the water. They will practice bubbles, floats and glides with the instructor's assistance, and with a Lifejacket. By the end of this level Sea Pups should be more comfortable in the water, and can put their face in.
(Equivalent: Red Cross Sea Turtle, Lifesaving Preschool 1)

Sea Pup 2 - Children in Sea Pup 2 will begin to work towards swimming on their own. They will do their floats and glides on their back, and on their bellies with their face in, for 3m with assistance and a Lifejacket. By the end of this level Sea Pups will be ready to do their floats and glides without any assistance
(Equivalent: Red Cross Sea Otter, Lifesaving Preschool 2)

Sea Pup 3 - Children will begin to swim on their own without a lifejacket in Sea Pup 3, both on their back, and on their belly with their face in. By the end of this level Sea Pups will be able to float for 3 seconds, and glide for 2 meters on both front and back
(Equivalent: Red Cross Salamander, Lifesaving b/w preschool 2/3)

Sea Pup 4 - In Sea Pup 4 children will work on doing their floats for longer, and their glides for further. By the end of this level they will reach 5 seconds for their floats and 5 meters for their glides.
(Equivalent: Red Cross Sunfish, Lifesaving preschool 3)

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SWIMMING LESSONS

SEA PUP

1

ages 3 - 5

Registration
open
June 5

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This level is for brand new Sea Pups that are still nervous in the water. They will practice bubbles, floats and glides with the instructor's assistance, and with a Lifejacket. By the end of this level Sea Pups should be more comfortable in the water, and can put their face in.

(Equivalent: Red Cross Sea Turtle,
Lifesaving Preschool 1)

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SWIMMING LESSONS

SEA PUP 2 ages 3 - 5

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Children in Sea Pup 2 will begin to work towards swimming on their own. They will do their floats and glides on their back, and on their bellies with their face in, for 3m with assistance and a Lifejacket. By the end of this level Sea Pups will be ready to do their floats and glides without any assistance

(Equivalent: Red Cross Sea Otter, Lifesaving
Preschool 2)

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SWIMMING LESSONS

SEA PUP

3

ages 3 - 5

Children will begin to swim on their own without a lifejacket in Sea Pup 3, both on their back, and on their belly with their face in. By the end of this level Sea Pups will be able to float for 3 seconds, and glide for 2 meters on both front and back

(Equivalent: Red Cross Salamander,
Lifesaving b/w preschool 2/3)

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SWIMMING LESSONS

SEA PUP

4

ages 3 - 5

Registration
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Sea Pup 4 - In Sea Pup 4 children will work on doing their floats for longer, and their glides for further. By the end of this level they will reach 5 seconds for their floats and 5 meters for their glides.

(Equivalent: Red Cross Sunfish, Lifesaving preschool 3)

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SWIMMING LESSONS

SEA PUP 5 ages 3 - 5

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In Sea Pup 5 children will work on reaching 7 meters for their glides. They will also begin to prepare for front crawl and back crawl by practicing with help, and working on their side glides.

(Equivalent: Red Cross Crocodile, Lifesaving
Preschool 4)



SWIMMING LESSONS

SHARK ages 5 - 12

Shark 1 - This is for brand new swimmers with minimal swimming experience. They will learn to go underwater, swim on their belly, and on their back. By the end of this level Sharks will be able to float on their front (with face in) and back for 3 seconds, and glide on their front (with face in) and back for 2 meters.

(Equivalent: Red Cross Salamander, Lifesaving Preschool 3)

Shark 2 - Shark Two is all about the distance. Kids will work on floating for 5 seconds, and gliding for 7 meters. They will also work on side glides, and begin the foundation for front crawl and back crawl.

(Equivalent: Red Cross Sunfish/SK 1, Lifesaving Swimmer 1)

Shark 3 - Shark Three is where swimmers will learn the basics of front crawl, back crawl, and whip kick. They will also begin treading without assistance for 15 seconds. Kids front and back glides will also reach 15 meters.

(Equivalent: Red Cross SK 3, Lifesaving b/w Swimmer 1/2)

Shark 4 - Now that Sharks have the basics, swimmers will do front crawl and back crawl for 15 meters. Whip kick will now be unassisted. They will also work on different entries like forward rolls and dives.

(Equivalent: Red Cross SK 4/5, Lifesaving Swimmer 2 and 3)

Shark 5 - In Shark 5 swimmers will complete their front and back crawl for 25 meters. They will also lay the foundation for breaststroke.

(Equivalent: Red Cross 6/7/8, Lifesaving Swimmer 4)

Shark 6 - In Shark 6 swimmers will continue to build their front and back crawl distance to 50 meters. They will learn full breaststroke, do dives, and run some strength training drills.

(Equivalent: Red Cross 8, Lifesaving Swimmer 5)

Shark 7 - In Shark 7 swimmers will continue to build their front and back crawl distance to 100 meters, and breaststroke to 50 meters. Swimmers will also work on sidestroke and legs only treading/traveling to prepare for upper levels.

(Equivalent: Red Cross 9/10, Lifesaving Swimmer 6)

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SWIMMING LESSONS

SHARK 1 ages 5 - 12

**Registration
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June 5**

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This is for brand new swimmers with minimal swimming experience. They will learn to go underwater, swim on their belly, and on their back. By the end of this level Sharks will be able to float on their front (with face in) and back for 3 seconds, and glide on their front (with face in) and back for 2 meters.

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(Equivalent: Red Cross Salamander,
Lifesaving Preschool 3)



SWIMMING LESSONS

SHARK 2 ages 5 - 12

Registration
open
June 5

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Shark Two is all about the distance. Kids will work on floating for 5 seconds, and gliding for 7 meters. They will also work on side glides, and begin the foundation for front crawl and back crawl.

(Equivalent: Red Cross Sunfish/SK 1,
Lifesaving Swimmer 1)

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SWIMMING LESSONS

SHARK

3

ages 5 - 12

Shark Three is where swimmers will learn the basics of front crawl, back crawl, and whip kick. They will also begin treading without assistance for 15 seconds. Kids front and back glides will also reach 15 meters.

(Equivalent: Red Cross SK 3, Lifesaving b/w Swimmer 1/2)

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SWIMMING LESSONS

SHARK

4

ages 5 - 12

Registration
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Now that Sharks have the basics, swimmers will do front crawl and back crawl for 15 meters. Whip kick will now be unassisted. They will also work on different entries like forward rolls and dives.

(Equivalent: Red Cross SK 4/5, Lifesaving Swimmer 2 and 3)

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**SWIMMING
LESSONS**

**SHARK
5**
ages 5 - 12

**Registration
open
June 5**

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In Shark 5 swimmers will complete their front and back crawl for 25 meters. They will also lay the foundation for breaststroke.

(Equivalent: Red Cross 6/7/8, Lifesaving Swimmer 4)

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SWIMMING LESSONS

SHARK

6

ages 5 - 12

Registration
open
June 5

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In Shark 6 swimmers will continue to build their front and back crawl distance to 50 meters. They will learn full breaststroke, do dives, and run some strength training drills.

(Equivalent: Red Cross 8, Lifesaving Swimmer 5)

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SWIMMING LESSONS

SHARK
7
ages 5 - 12

**Registration
open
June 5**

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In Shark 7 swimmers will continue to build their front and back crawl distance to 100 meters, and breaststroke to 50 meters. Swimmers will also work on sidestroke and legs only treading/traveling to prepare for upper levels.

(Equivalent: Red Cross 9/10, Lifesaving Swimmer 6)