

# REACH into SWIM SAFETY: Curriculum Guide (levels and goals)

<b>TORTUGAS</b> Intro to SWIM SAFETY: Comfort ages 2-3 (with parent)	
CLASS GOALS & SKILLS PRACTICED	
1	<b>FACE IN WATER FOR 3 SECONDS WITH BUBBLES</b>
2	<b>BACK FLOAT FOR 3 SECONDS</b> -with assistance from parent
3	<b>JUMPING INTO POOL FROM WALL</b> -seated position, into parents arms
4	<b>BACK BLAST OFF FROM WALL FOR COUNT OF 3</b> -with assistance from parent
5	<b>FLUTTER KICK FOR COUNT OF 3</b> -with assistance from parents
6	<b>BACKSTROKE KICK FOR COUNT OF 3</b> -with assistance from parents
7	<b>REACH AND PULL ARMS 4 CONSECUTIVE TIMES</b> -with help from parents if need be
8	<b>SHALLOW GLIDE UNDERWATER</b> -slowly, 3 seconds, assistance from parent or instructor
<b>CLASS GUIDELINES:</b> A parent or adult guardian must be in the water for every class that has the child, no exceptions. If a child arrives without a parent or guardian to accompany them in the water, unfortunately the child will not be able to attend the class. The water is shallow and parents do not need to know how to swim	

<b>ADVANCED TORTUGAS</b> Intro to SWIM SAFETY: Comfort ages 4-5 (with parent)	
CLASS GOALS & SKILLS PRACTICED	
1	<b>FACE IN WATER FOR 4 SECONDS WITH BUBBLES</b>
2	<b>BACK FLOAT FOR 5 SECONDS</b> -with assistance from parent
3	<b>BACK FLOAT FOR 5 SECONDS</b> -with assistance from parent
4	<b>JUMPING INTO POOL FROM WALL</b> -seated position, into parents arms
5	<b>BACK BLAST OFF FROM WALL</b> -with assistance from parent
6	<b>FLUTTER KICK ACROSS LANE</b> -with noodle belt, holding parents hands
7	<b>BACKSTROKE KICK</b> -with assistance from parent, across lane)
8	<b>REACH AND PULL ARMS ACROSS LANE</b> -minimum 6 consecutive arms
<b>CLASS GUIDELINES:</b> A parent or adult guardian must be in the water for each class for half of the season. If a child arrives without a parent or guardian to accompany them in the water, unfortunately the child will not be able to attend the class. The water is shallow and parents do not need to know how to swim <b>Halfway thru season, parents are transitioned out of the pool.</b>	

<b>CANGREJO</b> Intro to SWIM SAFETY: Comfort ages 4-5 (no parent)	
CLASS GOALS & SKILLS PRACTICED	
1	<b>FACE IN WATER FOR 4 SECONDS WITH BUBBLES</b> -repeat 3 times in a row, with 3 second break in-between
2	<b>BACK FLOAT FOR 5 SECONDS</b> -no assistance from instructor
3	<b>FRONT PUSH OFF FROM WALL INTO POOL</b> -with noodle belt, to instructor
4	<b>BACK BLAST OFF FROM WALL</b> -no assistance for 3 feet
5	<b>FLUTTER KICK INTRODUCTION</b> -with noodle belt & kick board, 6 feet, independently
6	<b>BACKSTROKE KICK INTRODUCTION</b> -with kick board or barbell, 6 feet independently
7	<b>REACH AND PULL ARMS</b> -with noodle belt and kick board, 6 feet independently
<b>CLASS GUIDELINES:</b> This is a non-parent class from day 1. If your child is new to swim lessons or might have problems separating from a parent, it its best to start with "ADVANCED TORTUGAS"	

<b>PEZ</b> Level 1 SWIM SAFETY: Foundation Building ages: 6-8 / 9-12	
CLASS GOALS & SKILLS PRACTICED	
1	<b>FACE IN WATER FOR 5 SECONDS WITH BUBBLES</b> -holding wall, 3 times in a row, 3 second break in-between
2	<b>BACK FLOAT FOR 10 SECONDS</b> -independently, no help
3	<b>FRONT STREAMLINE FOR 5 FEET</b> -from wall, face in entire time with proper streamline form
4	<b>BACK BLAST OFF FROM WALL FOR 5 FEET</b> -proper position, independently, no kick board or barbell
5	<b>FLUTTER KICK WITH FACE IN AND BUBBLES: 10 FEET</b> -10 feet with kick board, face in 3 times for 3 seconds
6	<b>BACKSTROKE KICK</b> -10 feet, with kick board, perfect body position and kicking
7	<b>INTRODUCTION OF PROPER FREESTYLE ARMS</b> -10 arms sitting on deck, 6 arms in pool with noodle belt
<b>NOTE:</b> GOAL 1 (face in water for 5 seconds with bubbles, repeating 3 times in a row) is the most important goal needed to be achieved in this level. Students must perform this skill perfectly in order to pass this level and move to PULPO.	

<b>PULPO</b> Level 2 SWIM SAFETY: Independence ages: 6-8 / 9-12	
CLASS GOALS & SKILLS PRACTICED	
1	<b>FACE IN / 5 SECONDS / FLUTTER KICKS ON WALL</b> -holding wall, 3 consecutive times, 3 second break between
2	<b>FRONT STREAMLINE WITH KICKS FOR 6 FEET</b> -from wall, proper streamline position, face in, proper kicks
3	<b>BACK BLAST OFF WITH KICKS FOR 6 FEET</b> -no kick board or barbell, proper body position and kicks
4	<b>FLUTTER KICK, FACE IN, BREATHS, FOR 15 FEET</b> -with kick board, minimum of 3 face ins for 5 seconds each
5	<b>BACKSTROKE KICK WITH KICK BOARD FOR 15 FEET</b> -proper body position and kicks
6	<b>FRONT CRAWL ARMS ON DECK / 10 ARMS</b> -standing and seated, coordinated and rhythmically
7	<b>FRONT CRAWL ARMS WITH KICKS FOR 15 FEET</b> -coordinated, rhythmically, with kick board, face in or out

<b>DELFIN</b> Level 3 SWIM SAFETY: Stroke Refinement ages: 6-8 / 9-12	
CLASS GOALS & SKILLS PRACTICED	
1	<b>CRAWL STROKE WITH KICKS ON WALL</b> -face in with 4 coordinated arms (strokes), 3 sets, 3 second break in between each set, proper flutter kicking the entire time, flutter kicks can not stop during this skill
2	<b>FULL CRAWL STROKE WITH KICK BOARD 15 FEET</b> -face in water for 4 strokes, after 4 strokes take a 3 second breath, then face back in, kicking entire time. -4 sets in total / minimum of 15 feet
3	<b>INTRO TO BACK STROKE ARMS ON DECK</b> -standing on deck, syncing and coordinating arms 10 times
4	<b>BACK STROKE ARMS WITH KICKS IN WATER 15 FEET</b> -proper kicking and body position -swimming in a straight line. -NO KICK BOARD or BARBELL

<b>RAYAS</b> Level 4 SWIM SAFETY: Stroke Proficiency ages: 6-8 / 9-12	
CLASS GOALS & SKILLS PRACTICED	
1	<b>INTRO TO SIDE BREATHING ON WALL</b> -feet on wall, face in for 5 seconds, slow head turn to side and breathe for 2 seconds, face slowly turns back in for another 5 second face in -repeat 3 times, slow and controlled -head can not raise up out of the water -head should turn to side keeping ear in
2	<b>FULL CRAWL STROKE FOR ENTIRE LANE</b> -6 strokes and then 1 side breath (2 second) -proper kicking -take a long break (3-5 minute) at end of lap
3	<b>FULL BACKSTROKE FOR ENTIRE LANE</b> -proper body position, kicks, and coordinated and properly synced arms -take a long break (3-5 minute) at end of lap

<b>TIBURON</b> Level 5 SWIM SAFETY: Endurance ages: 6-8 / 9-12	
CLASS GOALS & SKILLS PRACTICED	
1	<b>KICK SPEED DRILLS ON WALL WITH BREATHING</b> -holding wall, face in for the count of 10, kicking as fast as student can slow down kicks and slowly raise head out of water, chin in, take a 3 second breath repeat, 1 minute
2	<b>OPEN TURNS</b> -simple open turn, start 4 feet from wall in water to wall
3	<b>FULL CRAWL STROKE FOR 2 LAPS</b> -6 strokes and then 1 side breath (2 second) -proper kicking -open turn, then quickly return back
4	<b>FULL BACKSTROKE FOR 2 LAPS</b> -proper body position, kicks, and -coordinated and properly synced arms -open turn, then quickly return back