

# SWIM PROGRAM

How to choose the correct class:

- Look for your child's age group.
- Starting at the beginning level, review each skill. If your child is able to complete all skills in that level move on to the next level.
- Repeat until you find the level your child cannot do every skill listed.
- If you misplace your child, don't worry; the instructor will guide you into the proper level after evaluating your child in the first class.

## TADPOLE



10 Months - 2 Years

### SKILLS TAUGHT:

Water Adjustment  
Bubbles  
Kicking  
Paddling  
Face wet  
Hold on to the pool edge unassisted  
Back Float  
Jumping w/ assistance

**8:1 RATIO**

**PARENT IN WATER**  
**30 MINUTES**

## FROG



2 - 3 Years

### SKILLS TAUGHT:

Standing on Platform  
Bubbles  
Kicking  
Face wet  
Head underwater  
Back float comfortably w/ assistance  
Jump into pool  
Listens to instructor

**5:1 RATIO**

**PARENT IN WATER**  
**30 MINUTES**

## JELLYFISH



3 - 5 Years

Level 1

### SKILLS TAUGHT:

Bubbles  
Face wet  
Head underwater  
Front float with kick 10 feet  
Back float comfortably w/ assistance

Jump into pool

Safety skills

Following directions

**4:1 RATIO**

**30 MINUTES**

## ANGELFISH



3 - 5 Years

Level 2

### SKILLS TAUGHT:

Kicking 20 feet  
Exchanging air unassisted  
Back float unassisted  
Back float with kick 20 feet  
Kneeling dive  
Introduction to freestyle arms  
Safety skill: rolling onto back from a front float

**4:1 RATIO**

**30 MINUTES**

## STARFISH



3 - 5 Years

Level 3

### SKILLS TAUGHT:

Freestyle arms  
Freestyle 40 feet comfortably without rotary breathing  
Backstroke arms  
Backstroke 40 feet comfortably  
Standing dive  
Safety skill: tread water for 20 seconds

**5:1 RATIO**

**30 MINUTES**

## STINGRAY



3 - 6 Years

Level 4

### SKILLS TAUGHT:

Freestyle with rotary breathing  
Backstroke  
Introduction to breaststroke kick & arms  
Springing dive  
Kneeling dive  
Swimming underwater  
Safety skill: tread water for 45 seconds

**5:1 RATIO**

**30 MINUTES**



# SWIM PROGRAM

## MANATEE



5 - 12 Years

Level 1

### SKILLS TAUGHT:

Bubbles  
Face wet  
Head underwater  
Kicking a distance of 10 feet unassisted  
Back float comfortably 20 seconds  
Jump into pool in deep end

**4:1 RATIO**  
**30 MINUTES**

## OTTER



6 - 12 Years

Level 2

### SKILLS TAUGHT:

Kicking 20 feet  
Exchanging air unassisted  
Back float unassisted  
Back float with kick 20 feet  
Kneeling dive  
Introduction to freestyle arms  
Safety skill: roll front to back

**4:1 RATIO**  
**30 MINUTES**

## SEAL



6 - 12 Years

Level 3

### SKILLS TAUGHT:

Freestyle arms  
Freestyle 40 feet comfortably  
Intro to rotary breathing  
Backstroke arms  
Backstroke 40 feet comfortably  
Standing dive  
Safety skill: tread water for 20 seconds

**5:1 RATIO**  
**30 MINUTES**

## SHARK



6 - 12 Years

Level 4

### SKILLS TAUGHT:

Freestyle with rotary breathing 80 feet  
Backstroke 80 feet  
Breaststroke 80 feet  
Dolphin kick  
Springing dive  
Swimming underwater  
Tread water for 3 minutes

**6:1 RATIO**  
**30 MINUTES**

## DOLPHIN



6 - 12 Years

Level 5

### SKILLS TAUGHT:

Freestyle with flip turns  
Backstroke with flip turns  
Breaststroke with open turns  
Butterfly with open turns  
Endurance swim of 1 lap of each stroke without stopping  
Racing dives

**9:1 RATIO**  
**45 MINUTES**

## SWIM TEAM PREP

MUST BE 7 YEARS OR OLDER AND TRYOUT FOR THIS CLASS



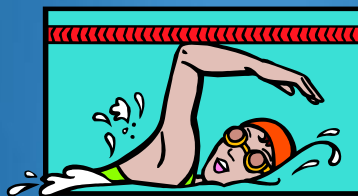
or  
HAVE GRADUATED OUR DOLPHIN CLASS.  
Be able to swim all 4 strokes  
Racing dives and flip turns  
Equipment package required

**9:1 RATIO**  
**45 MINUTES**

## ADULT/TEEN CLASSES

This class is designed to make you a strong swimmer regardless if you have ever had a formal lesson or are a proficient swimmer. Beginner, Intermediate, or Advanced.

**4:1 RATIO**  
**45 MINUTES**



## PRIVATE LESSONS

These lessons are tailored to fit your student's needs. If your child has a strong fear, needs work on a specific skill to move up a level, or just does better 1 on 1 or 2 on 1 this may be your best option.

**1:1 or 2:1 RATIO**  
**30 MINUTES**



Swimming Snorkeling & Scuba Diving

SeaVentures Aquatic Center | 2880 Holcomb Bridge Road, #136, Alpharetta, GA 30022

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