

We make learning to swim fun! Taught by experienced swimmers, your child will learn life saving swimming skills along with basic stroke instruction. As they progress through the Splashers program, they'll become more proficient and comfortable in the water.

## 1

### ON YOUR MARK

- At least 3 years old (must be potty trained)
- Be comfortable in water, enjoy playing in water
- Submerge head & open eyes underwater
- Be ready to learn how to swim

## 2

### GET READY

- Pass Level 1: On Your Mark -or-
- Float on tummy for 5-10 secs independently
- Float on back for 5-10 seconds independently
- Jump in deep water, turn around & return to wall independently
- Basic freestyle (crawl) for 4-6 arm strokes independently
- Basic backstroke for 4-6 arm strokes independently

## 3

### GET SET

- Pass Level 2: Ready -or-
- Freestyle with basic side-breathing for 10 yards independently
- Backstroke for 10 yds independently
- Knowledge of breaststroke kick
- Seated and/or kneeling dives

## 4

### GO!

- Pass Level 3: Get Set -or-
- Freestyle with side-breathing nonstop for 15 yards
- Backstroke nonstop for 15 yards
- Knowledge of breaststroke kick and dolphin kick
- Basic breaststroke coordination pull & kick
- Dives