



Swim Lesson Class Descriptions

Tadpoles: Children 3-6 Years Old

Tadpole 1:

- Learn to blow bubbles
- Put face in the water
- Front float & back float (5 seconds)
- Jump to instructor

Tadpole 2:

- 5 bobs (fully submerge head)
- Front float to instructor
- Streamline w/ kick to instructor
- Intro to treading water
- Sitting/Knee dives

Tadpole 3:

- 10 bobs (fully submerge head)
- Front streamline w/ kick
- Back streamline w/ kick
- Intro to freestyle
- Intro to backstroke
- Intro to dolphin kick
- Tread water
- Knee dive & swim to instructor

Tadpole 4:

- 10 bobs (fully submerge head)
- Freestyle w/ side breathing 10 yards
- Backstroke w/ rotation 10 yards
- Dolphin kick 10 yards
- Intro to butterfly
- Intro to breaststroke
- Knee dive & retrieve objects from bottom of the pool

Minnows: Children 7+ Years Old

Minnow 1:

- 5 bobs (fully submerge head)
- Front streamline w/ kick
- Back streamline w/ kick
- Intro to freestyle
- Intro to backstroke
- Sitting/knee dives

Minnow 2:

- 10 bobs (fully submerge head)
- Front streamline 10 yards
- Back streamline 10 yards
- Freestyle w/ side breathing 15 yards
- Backstroke w/ rotation 15 yards
- Intro to dolphin kick
- Knee dive & swim to instructor

Minnow 3:

- Freestyle w/ side breathing 25 yards
- Backstroke w/ rotation 25 yards
- Intro to butterfly
- Intro to breaststroke
- Knee dive & retrieve objects from bottom of the pool

Minnow 4:

- Freestyle and backstroke 25-50 yards
- Butterfly and breaststroke 25 yards
- Intro to flip turns/open turns
- Intro to IM (Individual Medley) & complete at session end

Is The Swimmer Ready to Move to the Next Level?

Tadpole 1:

- Swimmer must be able to fully submerge head (bobs) & float for 5 seconds on front and back.

Tadpole 2:

- Swimmer must be able to glide off stairs to instructor & demonstrate a few strokes of freestyle and backstroke.

Tadpole 3:

- Swimmer must be able to swim 5 yards of freestyle and backstroke and is comfortable touching the bottom of the pool with hand.

Tadpole 4:

- A swimmer who turns 7 will graduate to Minnow 2 or 3 depending on swimming strength.

Minnow 1:

- Swimmer must be able to do a deep bob, float on front and back for 10 seconds, and glide off wall on front and back to instructor.

Minnow 2:

- Swimmer must be able to swim freestyle and backstroke ½ length of pool and demonstrate dolphin kicking.

Minnow 3:

- Swimmer must be able to swim 25 yards of freestyle and backstroke and ½ length of butterfly and breaststroke. Some swimmers who complete Minnow 4 are ready for Intro to Swim Team.

Minnow 4:

- Swimmers who complete level 5 and are at least 6 years old, can join the ESAC Swim Team. Swimmers must be able to swim 25-50 yards of Freestyle and Backstroke, 25 yards of Breaststroke and Butterfly, and have IM knowledge.