School Ages 6–12 Lesson Placement Guide

Polliwog Swimming Lessons
Available for children ages 5 years old and older, or children who have passed the Tiny Tot class. Class placement is dependent on skill level. This class is designed to help children learn different safety skills in and around pool areas, as well as teaching children the basics to becoming water safe. Children in this class will start becoming independent with floating, leaving the wall, and even getting back to the wall, among learning other skills.

Guppy Swimming Lessons
Available for children ages 5 years old and older, or children who have passed the Polliwog class. Class placement is dependent on skill level. This class is designed to test children on their safety skills as well as teaching the children freestyle (front crawl), backstroke (back crawl), and elementary backstroke.

Minnow Swimming Lessons
Available for children ages 5 years old and older, or children who have passed the Guppy class. Class placement is dependent on skill level. This class is designed to test children on their safety skills, improve on their freestyle (front crawl), backstroke (back crawl), and elementary backstroke. Children will begin learning breaststroke in this class as well.

Fish Swimming Lessons
Available for children ages 5 years old and older, or children who have passed the Minnow class. Class placement is dependent on skill level. This class is designed to test children on their safety skills, improve on their freestyle (front crawl), backstroke (back crawl), elementary backstroke, and breaststroke. Children will begin learning butterfly and treading in this class as well.

Flying Fish Swimming Lessons
Available for children ages 5 years old and older, or children who have passed the Fish class. Class placement is dependent on skill level. This class is designed to test children on their safety skills, improve on their freestyle (front crawl), backstroke (back crawl), elementary backstroke, breaststroke, and butterfly. Children will begin learning different turns for the different competitive swimming strokes.
**Shark Swimming Lessons**
Available for children ages 5 years old and older, or children who have passed the Flying Fish class. Class placement is dependent on skill level. This class is designed to test children on their safety skills, improve on their freestyle (front crawl), backstroke (back crawl), elementary backstroke, and butterfly. This class is also designed towards teaching children the different strokes, dives, turns that are used specifically in competitive swimming. Children will also learn diving progression and rules for when and where they can dive into a pool.