



# Bridgeport Pool Swimming Programs

## Level 1: TAD POLES (Young Beginner)

(Approx Ages: 4-6 - First time taking lessons, fearful of water etc.)

### Required Skills to Pass:

- Fully submerge face for 3 seconds
- Bob to chin level, with support 10 times
- Demonstrate front float with support
- Demonstrate back float with support
- Demonstrate bubble blowing
- Enter and exit water using ladder & side of pool
- Move 5 yards along pool wall
- Demonstrate kicking on front with support
- Demonstrate kicking on back with support
- Demonstrate alternating arm action for 10 sec. with support
- Discuss basic water safety rules
- Demonstrate reaching assists without equipment.

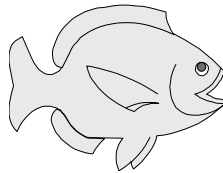


## Level 2: MINNOWS (Primary Skills)

(Approx. Age: 5-8 - still learning, little hesitant around water)

### Required Skills to Pass:

- Fully submerge for three seconds
- Submerge and retrieve objects with eyes open
- Explore deep water with support
- Front float and glide unsupported for five seconds
- Demonstrate pushing off wall
- Bob ten times without support
- Demonstrate rhythmic breathing for five seconds (support optional)
- Demonstrate jumping in chest deep water and coming up in a vertical position
- Get out on the side of the pool unassisted
- Demonstrate flutter kick on front (support optional)
- Demonstrate flutter kick on back (support optional)
- Demonstrate back crawl arm action
- Swim on front using flutter kick and alternating arm action for five yards
- Swim on back using flutter kick and alternating arm action for five yards
- Demonstrate turning over from front to back
- Demonstrate turning over from back to front
- Discuss basic and personal water safety rules
- Demonstrate a reaching assist with and without equipment
- Has jumped off diving board with instructor's assistance (optional)

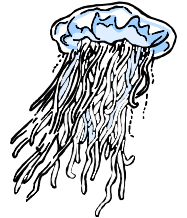


## Level 3: JELLY FISH (Stroke Readiness)

(Old Advanced Beginner)

### Required Skills to Pass:

- Retrieve object suspended in water with eyes open unsupported
- Bob, submerging head completely, 15 times in chest deep water
- Bob to side of pool or safe area unsupported
- Jump into deep water from side of pool
- Dive from side of pool from kneeling or compact positions
- Front glide with push off 2 body lengths
- Back glide with push off 2 body lengths
- Swim front crawl, with breathing to side or front, 10 yards
- Swim back crawl 10 yards
- Perform elementary backstroke kick with or without kickboard, 10 yards
- Turn in reverse direction while swimming on front
- Turn in reverse direction while swimming on back
- Learn safe diving rules
- Tread water
- Discuss personal safety

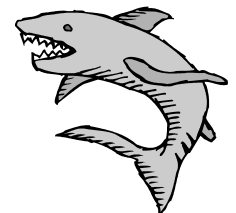


## Level 4: SHARKS

(Old Intermediate)

### Required Skills to Pass:

- Bob in deep water 10 times
- Demonstrate buoyancy and floating positions
- Demonstrate rotary breathing on dry land and water
- Demonstrate standing front dive
- Swim elementary backstroke 10 yards
- Scull on back 5 yards or 15 seconds
- Swim front crawl with rotary breathing for 25 yards
- Perform breaststroke kick with or without kickboard, 10 yards
- Perform sidestroke kick with or without kickboard, 10 yards
- Demonstrate change of direction at wall using turn
- Tread water using any kick for 2 minutes
- Discuss personal safety



**Note: Pool staff reserves right to move child to more appropriate level based on ability.  
Each session will have one safety day. The last five min. is free/fun time.**