

## Program Guide

The Carmel Swim Academy offers lessons for infants and children ages six months and older. Lessons are separated into specific tracks based on both a swimmer’s age and ability level to best meet their individual needs. Carmel Swim Academy’s specific groups and levels for each age group series are listed below. Each level details the skills swimmers will practice during their lesson time.

To advance to the next level, swimmers must be proficient in and demonstrate the noted level of comfort with the listed skills. This means that a swimmer may stay in the same level for more than one session of programming. Advancing out of certain levels may indicate your child is ready to be evaluated for the Carmel Swim Club competitive program, or may move into a different series with a director’s approval. Please see each level for details.

You can use these links to easily navigate to your child’s age group and level progressions.

- [Caregiver/Child Lessons: Ages Six Months to Three Years](#)
- [Hydros: Ages Three to Four Years](#)
- [Neptune: Ages Five to Seven Years](#)
- [Triton: Ages Eight to Ten Years](#)
- [Poseidon: Ages 11 Years and Older](#)

For our families making the transition from our previous level designations to this updated system, please utilize the following tables below to help determine which level your child ought to be in.

<b>Ages Three to Four Years</b>	
<b>Previous CSA Level</b>	<b>Updated CSA Level</b>
Beginner	Hydros Level 1
Beginner Plus	Hydros Level 2
Intermediate	Neptune Level 2

<b>Ages Five to Seven Years</b>	
<b>Previous CSA Level</b>	<b>Updated CSA Level</b>
Beginner/Beginner Plus	Neptune Level 1
Intermediate	Neptune Level 2
Intermediate Plus/Advanced/Stroke Technique	Neptune Level 3
Swim Club Prep	Neptune Level 4

<b>Ages Eight to Ten Years</b>	
<b>Previous CSA Level</b>	<b>Updated CSA Level</b>
Beginner/Beginner Plus/Intermediate	Triton Level 1
Intermediate Plus/Advanced	Triton Level 2
Stroke Technique	Triton Level 3
Swim Club Prep/Club Conditioning	Triton Level 4

<b>Ages Eleven and Older</b>	
<b>Previous CSA Level</b>	<b>Updated CSA Level</b>
Beginner/Beginner Plus/Intermediate	Poseidon Level 1
Intermediate Plus/Advanced/Stroke Technique	Poseidon Level 2
Swim Club Prep	Poseidon Level 3
Club Conditioning	Poseidon Level 4

## **Caregiver/Child Lessons: Ages Six Months to Three Years**

Accompanied by a parent, guardian, or caregiver, swimmers learn to be comfortable in the water. Infants and toddlers develop swim readiness skills through fun, confidence-building experiences, while adults learn about water safety, drowning prevention, and the importance of supervision.

This class introduces infants and toddlers to the aquatic environment. It focuses on exploring body positions, blowing bubbles, fundamental safety, and aquatics skills.

This class helps children become comfortable in the water and prepares them for our group swim lesson program, where a parent does not participate in the water with them.

Swimmers should be at least six months of age to be enrolled in this class. They must wear a swim diaper, and a parent, guardian, or caregiver must participate with them.

## **Hydros: Ages Three to Four Years, 35-Minute Classes**

### **Hydros Level 1**

- Bobs - fully submerged, blowing bubbles, assisted
- Front Float - face in, assisted
- Front Kicks - with equipment, assisted
- Front Paddle - face in, assisted
- Back Float - relaxed, assisted
- Back Kicks - with equipment, assisted
- Back Paddle - assisted
- Jumping In - swim back to the wall or ladder, assisted

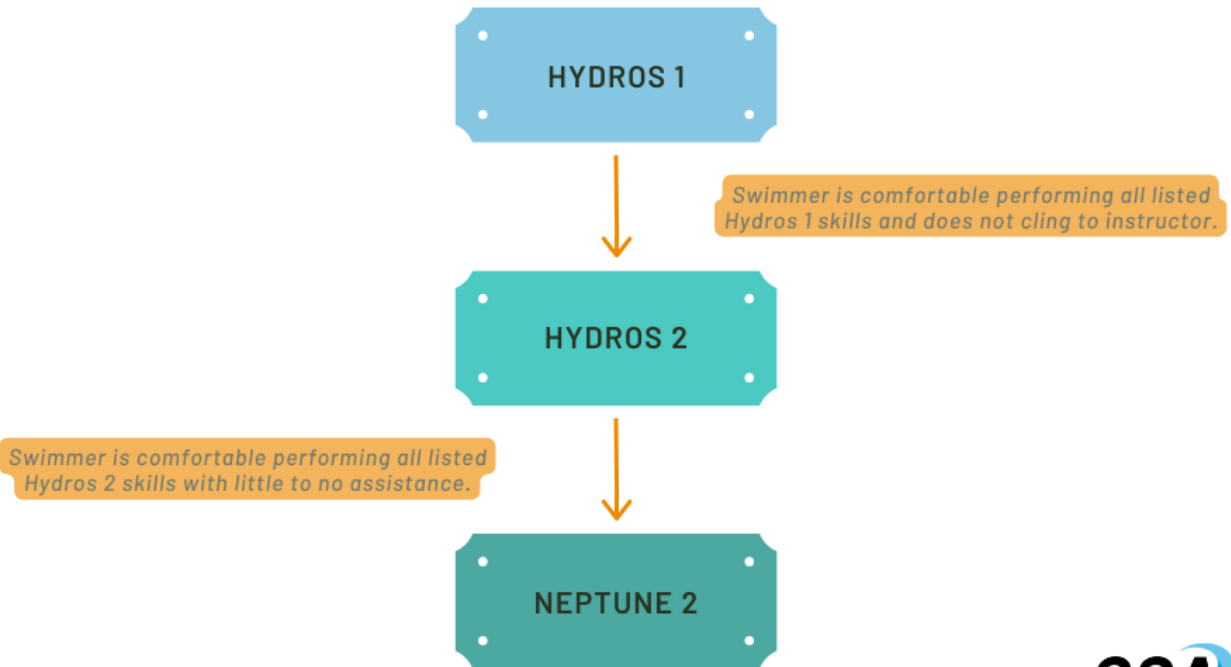
*To progress to Hydros Level 2, the swimmer is comfortable performing listed skills and does not cling to the instructor.*

### **Hydros Level 2**

- Bobs - fully submerged
- Front Float - face in, unassisted
- Front Glide - streamline, unassisted
- Front Paddle - face in, unassisted
- Back Float - relaxed, unassisted
- Back Glide - streamline, assisted
- Back Kicks - with equipment, unassisted
- Back Paddle - basic knowledge of arms and legs working together, assisted
- Jumping In - swim unassisted small distance to wall, ladder, or instructor
- Introduced to Treading Water - vertical body position, head above water

*To progress to Neptune Level 2, the swimmer is comfortable performing all listed skills with little to no assistance.*

# HYDROS SERIES



Ages Three to Four Years

## Neptune: Ages Five to Seven Years, 35-Minute Classes

### Neptune Level 1

- Bobs - fully submerged
- Front Float - face in, unassisted
- Front Glide - streamline, unassisted
- Front Paddle - face in, unassisted
- Back Float - relaxed, unassisted
- Back Glide - streamline, assisted
- Back Kicks - with equipment, unassisted
- Back Paddle - basic knowledge of arms and legs working together, assisted
- Jumping In - swim unassisted small distance to wall, ladder, or instructor
- Introduced to Treading Water - vertical body position, head above water

To progress to Neptune Level 2, the swimmer is comfortable performing all listed skills with little to no assistance.

## **Neptune Level 2**

- Bobs - fully submerged
- Front Float - unassisted and recover
- Front Glide - unassisted with and without kick
- Freestyle - face in, unassisted, some sort of breathing, 15 yards.
- Knowledge of Rotary Breathing
- Back Float - unassisted, and recover
- Back Glide - unassisted, with/without kick
- Backstroke - unassisted, 15 yards
- Breaststroke Kick - basic knowledge
- Breaststroke Arms - basic knowledge
- Treading Water - vertical body position, head above water

*To progress to Neptune Level 3, in addition to proficiency in the listed skills, the swimmer is comfortable swimming 15 yards without stopping.*

## **Neptune Level 3**

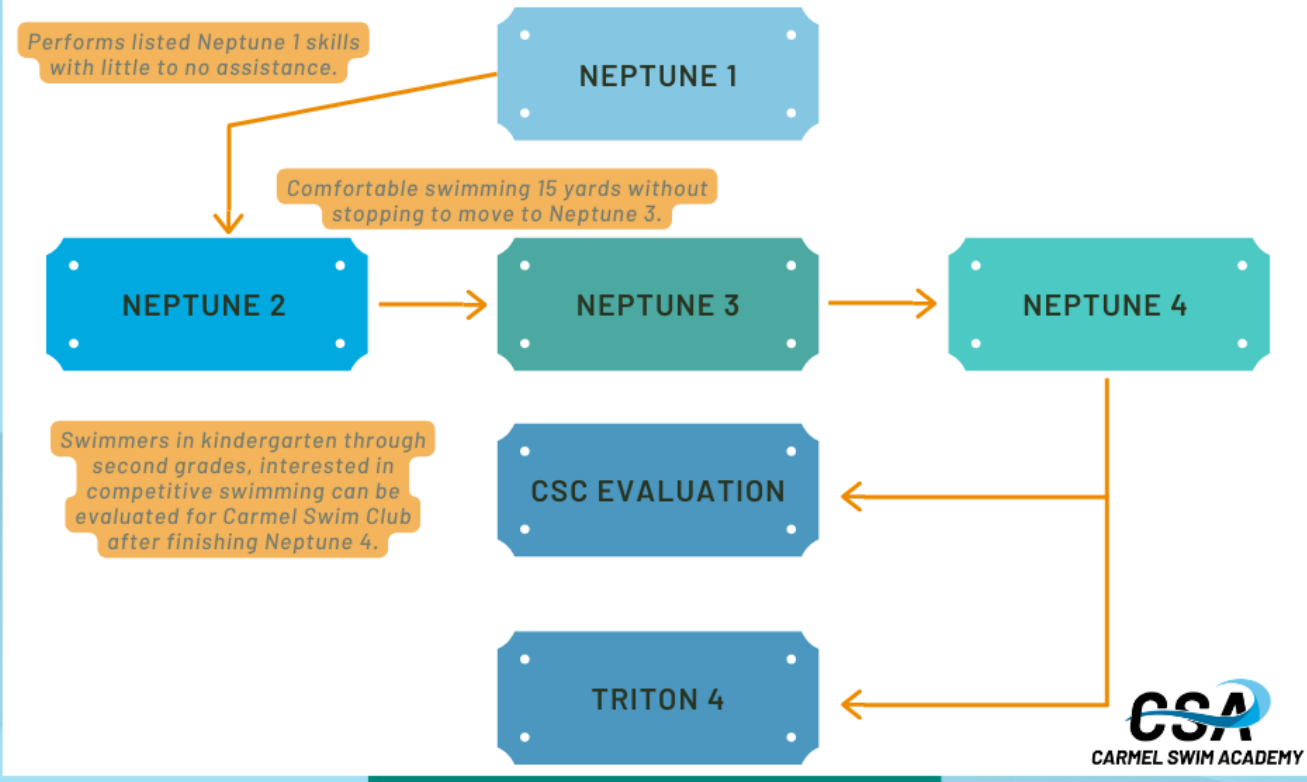
- Front Glide - streamline position, no kick
- Front Streamline - with kick, 15 yards
- Freestyle with Rotary Breathing - 25 yards
- Back Glide - streamline position, no kick
- Back Streamline - with kick, 15 yards
- Backstroke - hips up, straight arms, 25 yards
- Breaststroke - symmetrical arms and legs, basic knowledge of rhythm, 15 yards
- Butterfly - legs stay together with the kick and arms get up/out of the water, 15 yards
- Treading Water - vertical body position, head above water

## **Neptune Level 4**

- Front Streamline - with kick, 25 yards
- 50 Yards Freestyle - non-stop with rotary breathing and streamline off the walls, mastered
- Back Streamline - with kick, 25 yards
- 50 Yards Backstroke - non-stop with hips up and streamline off the walls, mastered
- 25 Yards Breaststroke - non-stop, proficient (does not have to be fully legal)
- 25 Yards Butterfly - non-stop, proficient (does not have to be fully legal)
- Working Knowledge of Open Turns - all strokes
- Introduced to Flip Turns - freestyle
- Two-Hand Touches - breaststroke and butterfly
- Knowledge of Circle Swimming

*After a swimmer is proficient in the skills in this level, with a director's approval they can either be evaluated for the Carmel Swim Club (for swimmers at least kindergarten age, interested in competitive swimming), or they may move to Triton Level 4.*

# NEPTUNE SERIES



**Ages Five to Seven Years**

## Triton: Ages Eight to Ten Years, 45-Minute Classes

### Triton Level 1

- Bobs - fully submerged
- Front Float - unassisted and recover
- Front Glide - unassisted with/without kick
- Freestyle - face in, unassisted, some sort of breathing, 15 yards
- Knowledge of Rotary Breathing
- Back Float - unassisted, and recover
- Back Glide - unassisted, with/without kick
- Backstroke - unassisted, 15 yards
- Breaststroke Kick - basic knowledge
- Breaststroke Arms - basic knowledge
- Treading Water - vertical body position, head above water

*To progress to Triton Level 2, in addition to proficiency in the listed skills, the swimmer is comfortable swimming 15 yards without stopping.*

## **Triton Level 2**

- Front Glide - streamline position, no kick
- Front Streamline - with kick, 15 yards
- Freestyle with Rotary Breathing - 25 yards, proficient
- Back Glide - streamline position, no kick
- Back Streamline - with kick, 15 yards
- Backstroke - hips up, straight arms, 25 yards, proficient
- Breaststroke - symmetrical arms and legs, basic knowledge of rhythm, 15 yards
- Butterfly - legs stay together with the kick and arms get out of the water, 15 yards
- Treading Water - vertical body position, head above water

## **Triton Level 3**

- Front Streamline - with kick, 25 yards
- 25 Yards Freestyle - non-stop with rotary breathing, mastered
- 25 Yards Backstroke - non-stop with hips up, mastered
- Back Streamline - with kick, 25 yards
- 25 Yards Breaststroke - non-stop, proficient (does not have to be fully legal)
- 25 Yards Butterfly - non-stop, proficient (does not have to be fully legal)
- Working Knowledge of Open Turns - all strokes
- Introduced to Flip Turns - freestyle
- Two-Hand Touches - breaststroke and butterfly
- Knowledge of Circle Swimming

*After a swimmer is proficient in the skills in this level they can either be:*

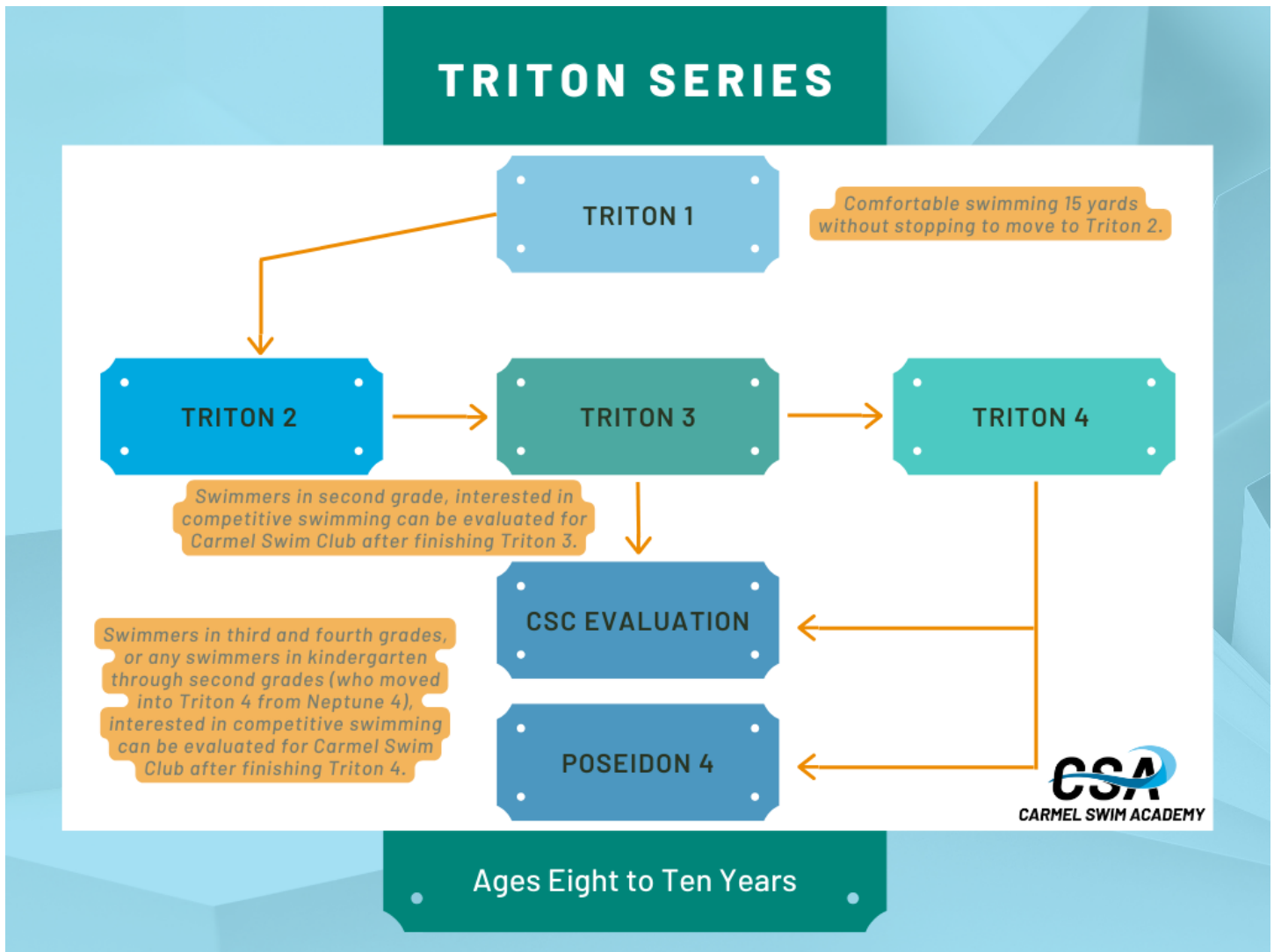
- *Evaluated for the Carmel Swim Club, for swimmers in second grade who are interested in competitive swimming,*
- *Or, advanced to Triton Level 4.*

## **Triton Level 4**

- 50 Yards Freestyle - non-stop with rotary breathing and streamline off the walls, mastered
- 50 Yards Backstroke - non-stop with hips up and streamline off the walls, mastered
- 25 Yards Breaststroke - non-stop, proficient (USA Swimming Legal)
- 25 Yards Butterfly - non-stop, proficient (USA Swimming Legal)
- Proficient knowledge of open turns (all strokes)
- Freestyle Flip Turns
- Introduced to Backstroke Flip Turns
- Two-Hand Touches - breaststroke and butterfly
- Knowledge of Circle Swimming

*After a swimmer is proficient in the skills in this level they can either be:*

- *Evaluated for the Carmel Swim Club, for swimmers in kindergarten through fourth grades who are interested in competitive swimming,*
- *Or, with a director's approval, they may move to Poseidon Level 4.*



## Poseidon: Ages 11 Years and Older, 45-Minute Classes

### Poseidon Level 1

- Bobs - fully submerged
- Front Float - unassisted and recover
- Front Glide - streamline position, no kick
- Front Streamline - with kick, 15 yards
- Freestyle - face in, unassisted, some sort of breathing, 15 yards.
- Knowledge of Rotary Breathing
- Back Float - unassisted, and recover
- Back Glide - streamline position, no kick
- Back Streamline - with kick, 15 yards
- Backstroke - unassisted, 15 yards
- Breaststroke Kick - basic knowledge
- Breaststroke Arms - basic knowledge

- Treading Water - vertical body position, head above water

*To progress to Poseidon Level 2, in addition to proficiency in the listed skills, the swimmer is comfortable swimming 15 yards without stopping.*

## **Poseidon Level 2**

- Front Streamline - with kick, 25 yards
- 25 Yards Freestyle - non-stop with rotary breathing, mastered
- 25 Yards Backstroke - non-stop with hips up, mastered
- Back Streamline - with kick, 25 yards
- 25 Yards Breaststroke - non-stop, proficient (does not have to be fully legal)
- 25 Yards Butterfly - non-stop, proficient (does not have to be fully legal)
- Working Knowledge of Open Turns - all strokes
- Introduced to Flip Turns - freestyle
- Two-Hand Touches - breaststroke and butterfly
- Knowledge of Circle Swimming

## **Poseidon Level 3**

- 50 Yards Freestyle - non-stop with rotary breathing and streamline off the walls, mastered
- 50 Yards Backstroke - non-stop with hips up and streamline off the walls, mastered
- 25 Yards Breaststroke - non-stop, proficient (USA Swimming Legal)
- 25 Yards Butterfly - Non-stop, proficient (USA Swimming Legal)
- Proficient Knowledge of Open Turns - all strokes
- Freestyle Flip Turns
- Introduced to Backstroke Flip Turns
- Two-Hand Touches - breaststroke and butterfly
- Knowledge of Circle Swimming

*Depending on their grade level, after a swimmer is proficient in the skills in this level they can either be:*

- *Evaluated for the Carmel Swim Club, for swimmers in fourth grade who are interested in competitive swimming,*
- *Or, advanced to Poseidon Level 4.*

## **Poseidon Level 4**

- 100 Yards Freestyle - non-stop with rotary breathing and streamline off the walls, mastered
- 100 Yards Backstroke - non-stop with rotary breathing and streamline off the walls, mastered
- 50 Yards Breaststroke - non-stop, proficient (USA Swimming Legal)
- 50 Yards Butterfly - non-stop, proficient (USA Swimming Legal)
- 100 Yard Individual Medley - correct order, legal strokes
- Front Streamline - with kick, 15 yards
- Back Streamline - with kick, 15 yards
- Proficient Knowledge of Open Turns - all strokes



- Proficient Freestyle Flip Turns
- Proficient Backstroke Flip Turns
- Two-Hand Touches - breaststroke and butterfly
- Proficient Knowledge of Circle Swimming

After mastering the skills of this level, swimmers at any age or grade level who are interested in competitive swimming should be evaluated for the Carmel Swim Club.

