

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
- Freestyle Arms - face in, assisted
- Back Float - relaxed, assisted
- Back Kicks - with equipment, assisted
- Backstroke Arms - 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
- Freestyle - face in, unassisted
- Back Float - relaxed, unassisted
- Back Glide - streamline, assisted
- Back Kicks - with equipment, unassisted
- Backstroke - 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.

