

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

Neptune Level 1

- Bobs - fully submerged
- Front Float - face in, unassisted
- Front Glide - streamline, unassisted
- Freestyle Kicks - with equipment, unassisted
- Freestyle Arms - face in, unassisted
- Back Float - relaxed, unassisted
- Back Glide - streamline, assisted
- Back Kicks - with equipment, unassisted
- Backstroke Arms - 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
- Butterfly Kicks - basic knowledge
- Butterfly 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

To progress to Neptune Level 4, in addition to proficiency in the listed skills, the swimmer is comfortable swimming 25 yards without stopping.

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.

