

## 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 Hydros Level 3, the swimmer is comfortable performing all listed skills with little to no assistance.*

### Hydros Level 3

- Bobs - fully submerged
- Front Float - unassisted and recover
- Front Glide - unassisted with and without kick
- Freestyle - face in, unassisted, some sort of breathing, 10 yards.
- Introduced to Rotary Breathing
- Back Float - unassisted, and recover
- Back Glide - unassisted, with/without kick
- Backstroke - unassisted, 10 yards
- Breaststroke Kick - Introduction/Basic Knowledge
- Breaststroke Arms - Introduction/Basic Knowledge
- Treading Water - vertical body position, head above water

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

# HYDROS SERIES

HYDROS 1

Swimmer is comfortable performing all listed Hydros 1 skills and does not cling to instructor.

HYDROS 2

Swimmer is comfortable performing all listed Hydros 2 skills with little to no assistance.

HYDROS 3

NEPTUNE 2

Swimmer is comfortable performing all listed Hydros 3 skills and is comfortable swimming 15 yards without stopping to move to Neptune 2.

Ages Three to Four Years