

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
- Butterfly Kick - basic knowledge
- Butterfly 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

To progress to Triton Level 3, in addition to proficiency in the listed skills, the swimmer is comfortable swimming 25 yards without stopping.

Triton Level 3

- Front Streamline - with kick, 25 yards
- 25 Yards Freestyle - non-stop with rotary breathing, mastered
- Back Streamline - with kick, 25 yards
- 25 Yards Backstroke - non-stop with hips up, 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 they can either be:

- Evaluated for the Carmel Swim Club, for swimmers in second grade who are interested in competitive swimming,
- Or, advance 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.

All Triton Series classes are 45-minutes long. Triton Series costs \$37 per class. There is a 4:1 student to instructor ratio for Triton 1 and 2, and a 6:1 student to instructor ratio for Triton 3 and 4.

