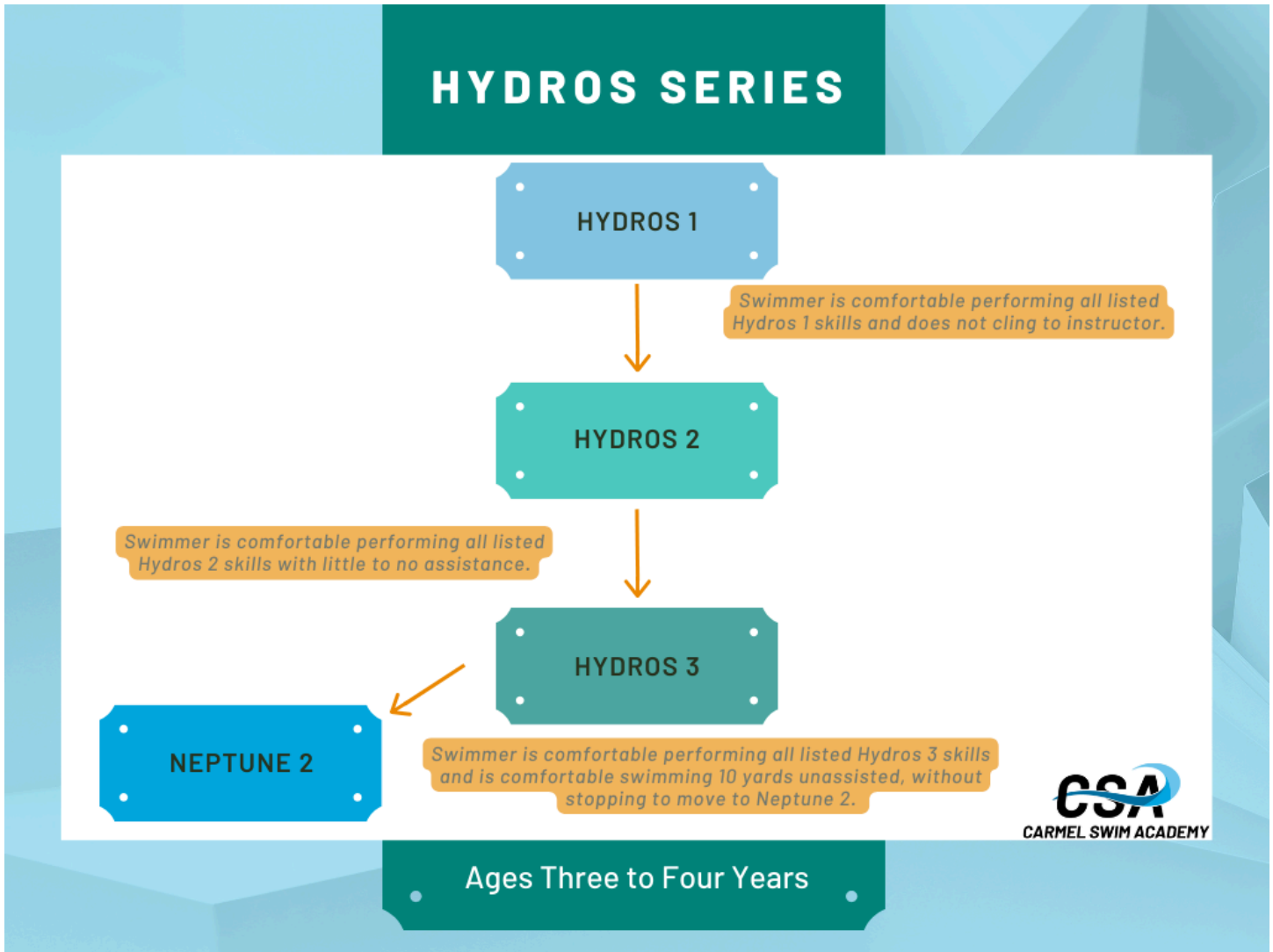


Hydros: Ages Three to Four Years, 35-Minute Classes



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
- Safety Turn Around - slide in, turn around, climb out
- 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, blowing bubbles, with little to no assistance
- 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

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, blowing bubbles, unassisted
- Front Float - unassisted and recover
- Front Glide - unassisted with and without kick
- Freestyle - face in, unassisted, some sort of breathing, 10 yards.
- Introduction to Rotary Breathing - proper breath exchange
- Back Float - unassisted and recover
- Back Glide - streamline 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 10 yards unassisted, without stopping.