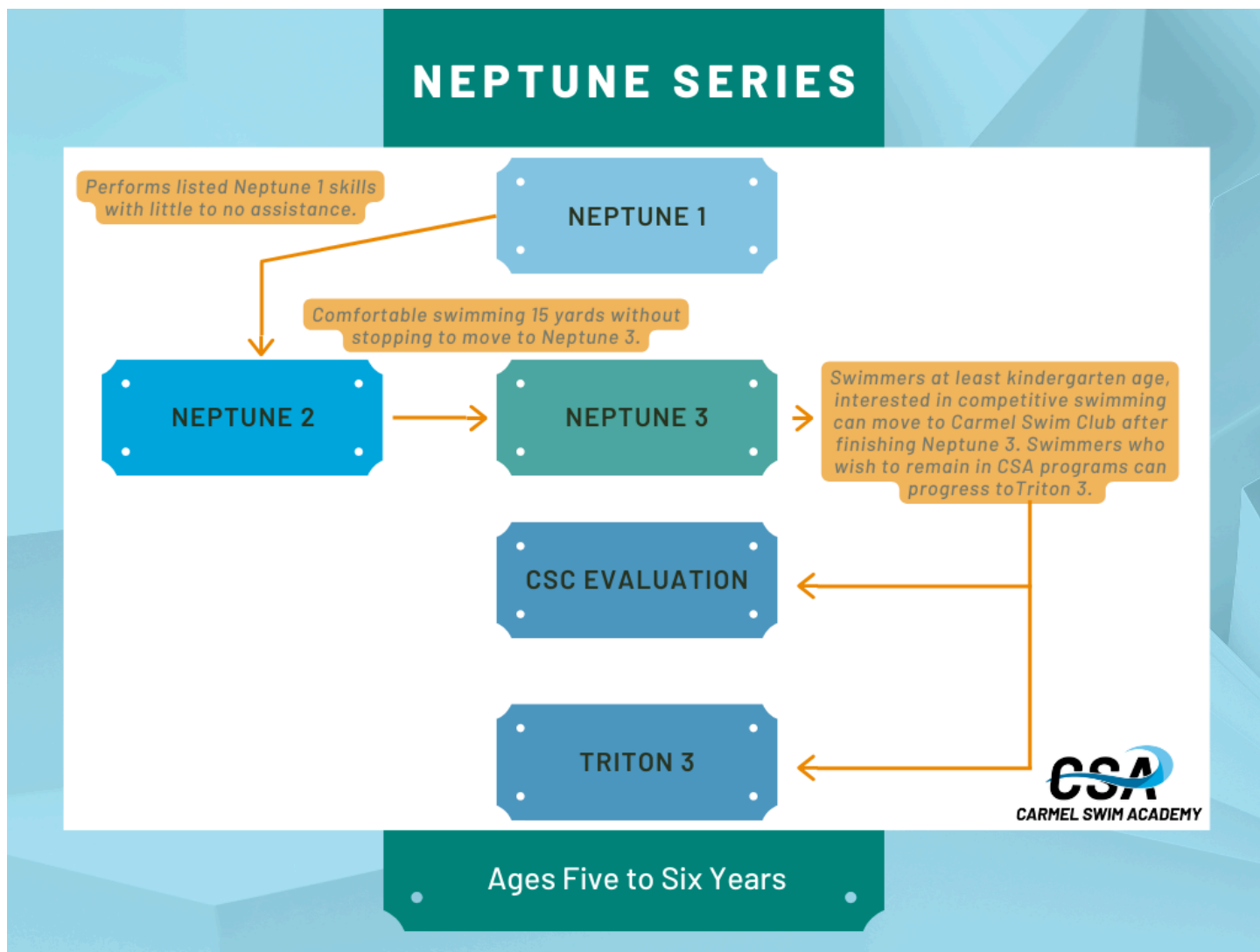


Neptune: Ages Five to Six Years, 35-Minute Classes



Neptune Level 1

- Bobs - fully submerged, blowing bubbles, little to no assistance
- Front Float - face in, unassisted
- Front Glide - streamline, unassisted
- Freestyle Kicks - with equipment, unassisted
- Freestyle Arms - face in, unassisted
- Introduction to Rotary Breathing - proper breath exchange
- 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, climb out of pool
- 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, blowing bubbles, unassisted
- Front Float - face in, unassisted and recover
- Front Glide - unassisted, streamline, with and without kick
- Freestyle - face in, unassisted, some sort of breathing, 15 yards.
- Knowledge of Rotary Breathing - proper breath exchange
- Back Float - unassisted and recover
- Back Glide - streamline, 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 on surface of water, no kick
- Front Streamline - with kick, 15 yards, underwater
- Freestyle with Rotary Breathing - 25 yards, mastered
- Back Glide - streamline position on surface of water, no kick
- Back Streamline - with kick, 15 yards, underwater
- Backstroke - hips up, straight arms, 25 yards, mastered
- 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

When a swimmer has mastered the Neptune 3 level and is at least kindergarten age, they are eligible to join the Carmel Swim Club. If they do not want to join the club, they may continue in CSA programs and move to Triton 3.