

## **Program Guide**

The Carmel Swim Academy offers lessons for infants and children ages six months and older. Lessons are separated into specific tracks based on both a swimmer's age and ability level to best meet their individual needs. Carmel Swim Academy's specific groups and levels for each age group series are listed below. Each level details the skills swimmers will practice during their lesson time.

To advance to the next level, swimmers must be proficient in and demonstrate the noted level of comfort with the listed skills. This means that a swimmer may stay in the same level for more than one session of programming. Advancing out of certain levels may indicate your child is ready for the Carmel Swim Club competitive program, or may move into a different series with a director's approval. Please see each level for details.

You can use these links to easily navigate to your child's age group and level progressions.

- [Caregiver/Child Lessons: Ages Three Months to Three Years](#)
- [Hydros: Ages Three to Four Years](#)
- [Neptune: Ages Five to Six Years](#)
- [Triton: Ages Seven to Nine Years](#)
- [Poseidon: Ages Ten Years and Older](#)
- [Evaluations and Progress Reports: For All Levels](#)

### **Caregiver/Child Lessons: Ages Three Months to Three Years**

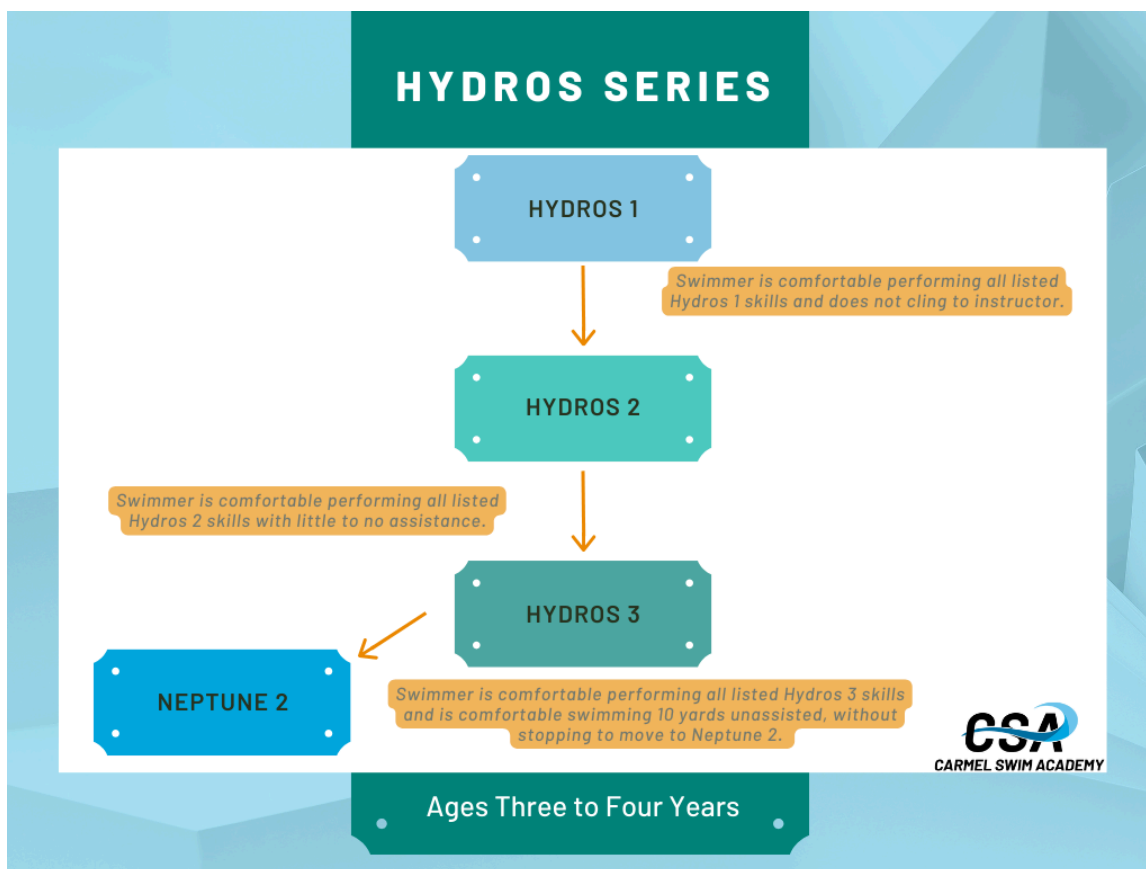
Accompanied by a parent, guardian, or caregiver, swimmers learn to be comfortable in the water. Infants and toddlers develop swim readiness skills through fun, confidence-building experiences, while adults learn about water safety, drowning prevention, and the importance of supervision.

This class introduces infants and toddlers to the aquatic environment. It focuses on exploring body positions, blowing bubbles, fundamental safety, and aquatics skills.

This class helps children become comfortable in the water and prepares them for our group swim lesson program, where a parent does not participate in the water with them.

Swimmers should be at least six months of age to be enrolled in this class. They must wear a swim diaper, and a parent, guardian, or caregiver must participate with them.

**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

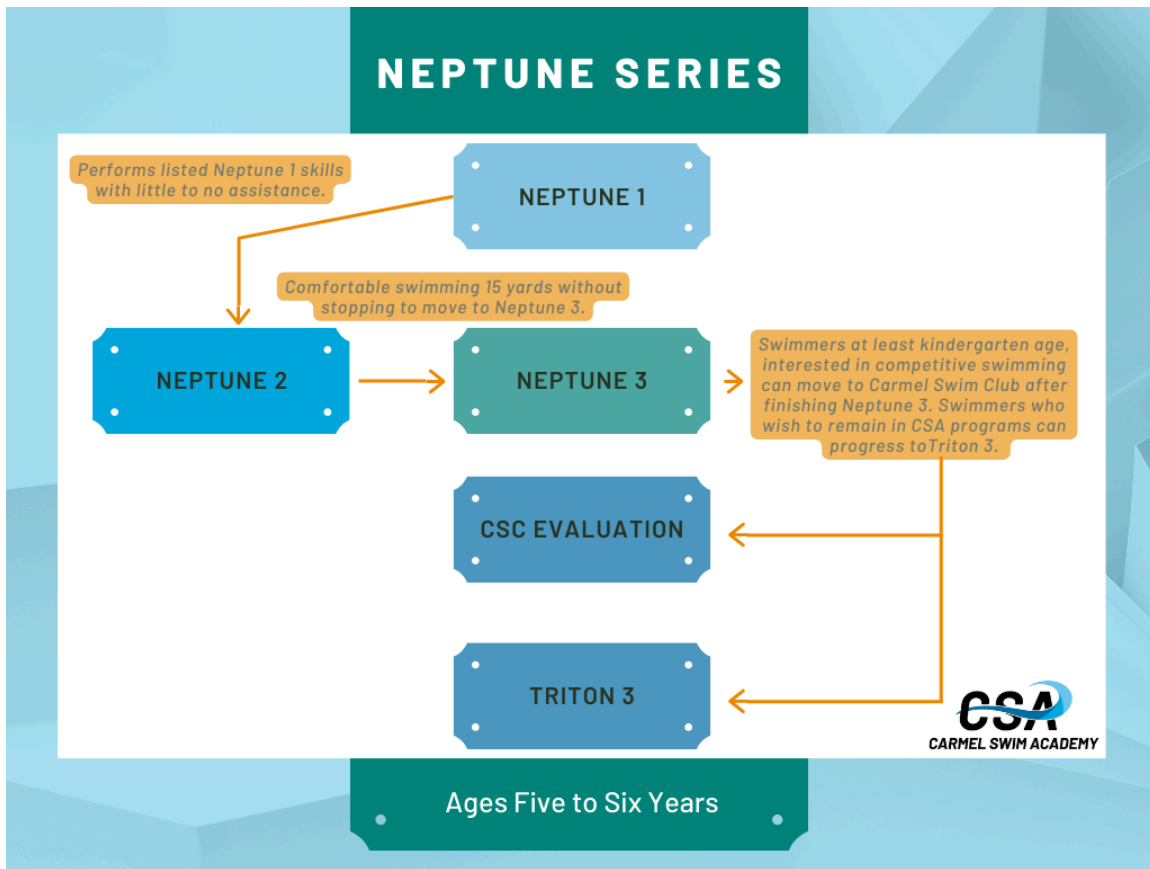
To progress to Hydros Level 3, the swimmer is comfortable performing all listed skills with little to no assistance.

### 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.

### 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

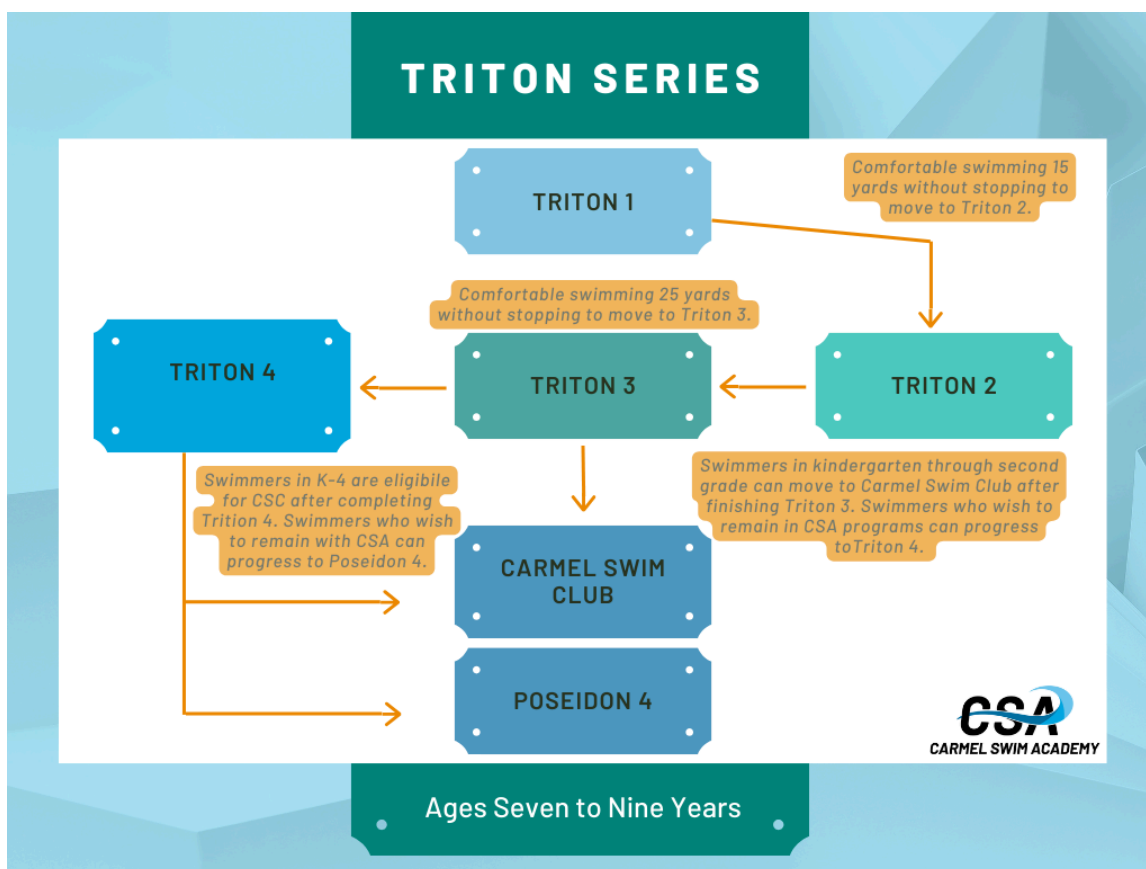
*To progress to Neptune Level 3, in addition to proficiency in the listed skills, the swimmer is comfortable swimming 15 yards without stopping.*

### **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.*

**Triton: Ages Seven to Nine Years, 45-Minute Classes**



**Triton Level 1**

- Bobs - fully submerged, blowing bubbles, little to no assistance
- Front Float - face in, unassisted and recover
- Front Glide - streamline, unassisted with/without kick
- Freestyle - face in, unassisted, some sort of breathing, 15 yards
- Knowledge of Rotary Breathing - with 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 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 on surface of water, no kick
- Front Streamline - with kick, 15 yards, underwater
- Freestyle with Rotary Breathing - 25 yards, proficient
- Back Glide - streamline position on surface of water, no kick

- Back Streamline - with kick, 15 yards, underwater
- 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

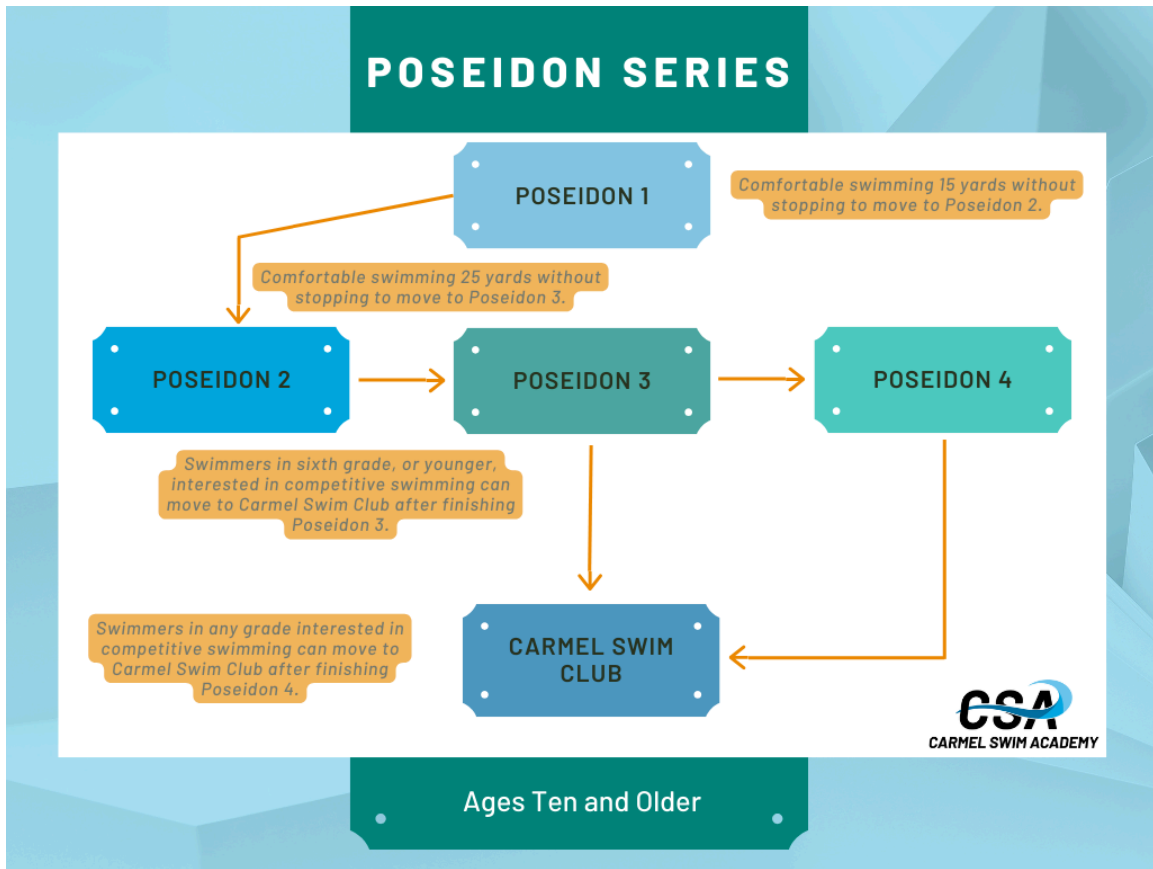
*After achieving proficiency in the listed skills, if a swimmer is in kindergarten through 2nd grade, they are eligible for the Carmel Swim Club; all other grade levels or any swimmer who does not want to join the club progresses to Triton 4.*

### **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, mastered (does not have to be fully legal)
- 25 Yards Butterfly - non-stop, mastered (does not have to be fully legal)
- Proficient knowledge of open turns - all strokes
- Freestyle Flip Turns - proficient
- Introduced to Backstroke Flip Turns - with stroke count
- Two-Hand Touches - breaststroke and butterfly
- Knowledge of Circle Swimming

*If a swimmer in grade kindergarten through 4th grade, they are eligible for the Carmel Swim Club. If a swimmer does not want to move to the Carmel Swim Club, they can move to Poseidon 3.*

**Poseidon: Ages Ten Years and Older, 45-Minute Classes**



**Poseidon Level 1**

- Bobs - fully submerged, blowing bubbles, unassisted
- Front Float -face in, unassisted and recover
- Front Glide - streamline position on surface of water, no kick
- Freestyle - face in, unassisted, some sort of breathing, 15 yards
- Knowledge of Rotary Breathing - with proper breath exchange
- Back Float - unassisted and recover
- Back Glide - streamline position, no kick
- Backstroke - unassisted, 15 yards
- Breaststroke Kick - basic knowledge, 15 yards
- Breaststroke Arms - basic knowledge, 15 yards
- Butterfly Kick - basic knowledge, 15 yards
- Butterfly Arms - basic knowledge, 15 yards

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

**Poseidon Level 2**

- 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

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

### **Poseidon Level 3**

- 50 Yards Freestyle - non-stop with rotary breathing, streamline off the walls, mastered
- 50 Yards Backstroke - non-stop with hips up, 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)
- Proficient Knowledge of Open Turns - all strokes
- Freestyle Flip Turns - proficient
- Introduced to Backstroke Flip Turns - with stroke count
- Two-Hand Touches - breaststroke and butterfly
- Knowledge of Circle Swimming

*After achieving proficiency in the listed skills, if a swimmer is in kindergarten through 6th grade, they are eligible for the Carmel Swim Club; all other grade levels or any swimmer who does not want to join the club progresses to Poseidon 4.*

### **Poseidon Level 4**

- 100 Yards Freestyle - non-stop with rotary breathing, streamline off the walls, mastered
- 100 Yards Backstroke - non-stop with hips up, streamline off the walls, mastered
- 50 Yards Breaststroke - non-stop, proficient (USA Swimming Legal)
- Breaststroke Underwater Pull Out - proficient
- 50 Yards Butterfly - non-stop, proficient (USA Swimming Legal)
- 100 Yard Individual Medley - correct order (Fly, Back, Breast, Free), legal strokes
- Proficient Knowledge of Open Turns - all strokes
- Proficient Freestyle Flip Turns
- Proficient Backstroke Flip Turns - with stroke count
- Two-Hand Touches - breaststroke and butterfly
- Proficient Knowledge of Circle Swimming

*After mastering the skills of this level, swimmers of any grade level, are eligible for the Carmel Swim Club*

### **Evaluations and Progress Reports: For All Levels**

As a part of the program, instructors complete skills tracking for each swimmer. To access this on your account, please follow these steps:

- Login to your iClassPro account.
- Click on the "Account" tab at the top of the page.
- Go to the swimmer you would like to view and click the star that says "Evaluations".
  - From there, you will see the skill tree, including what levels they have passed and what skills they are working on in their current level.
  - We use a star rating system



- One star means the swimmer is practicing/learning that skill.
- Two stars means the swimmer has mastered that skill.
- The last skill of each level says if the swimmer is ready to move to the next level. They are only ready to move to the next level if they have received a two-star rating.

Please allow 24 hours from your last class for this to be updated on your account.