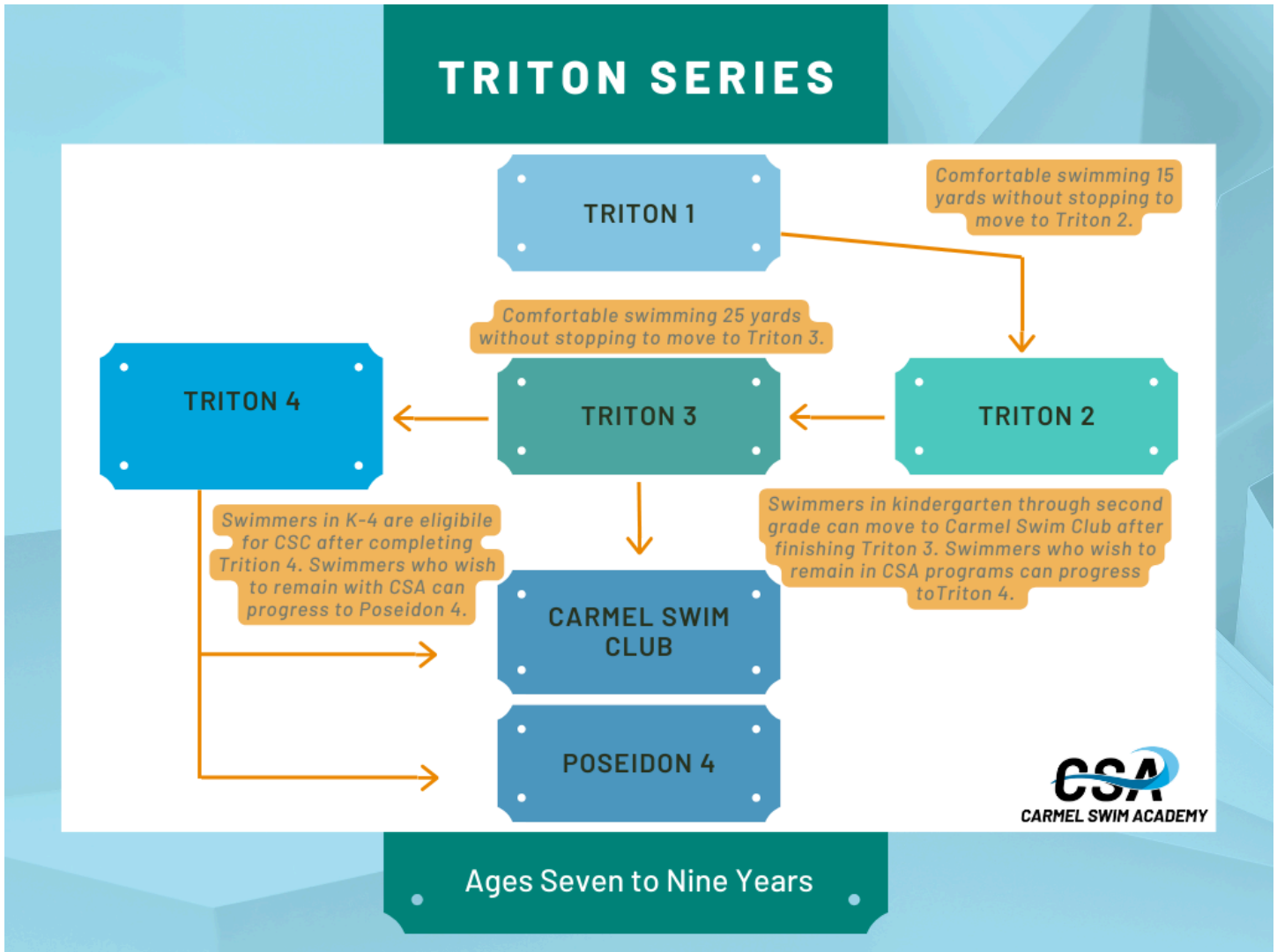


Triton: Ages Seven to Nine Years, 45-Minute Classes



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.