

# FINSS Levels:

**SEA SPRAY (Level 1)**- Parent child class. Basic swim skills and water safety taught with the aid of songs and group games. Ages 6 month to 3 years of age. Goal to be independent of the parent, safely listen to the instructor and ready to learn!

**RAPIDS (Level 2)**- Ages 3-5, beginner swimmer class. Must be able to enter the water without a parent calmly and listen to the instructor safely. Skills taught are submerging, blowing bubbles, front and back floats independently, front and back glides independently, kicking on the stairs and on the barbell with the instructor, Choo Choo to safety, climbing out of the pool, and showing water safe behaviors.

**TYPHOON (Level 3)**- Ages 3-5, advanced younger swimmer class. Must be able to submerge, float on front and back without help, glide front and back without help. Skills taught are jumping in unaided, safety jump unaided, front crawl with front breathing for 15 feet, T&I's for 15 feet, kicking 25 yds with a kick board, retrieve underwater toys, able to self-save.

**WATER SPOUT (Level 4)**- Ages 6-13, extreme beginner swimmer. Skills taught are relaxing in the water, submerging, float front and back without help, glide front and back without help, kick 25 yards with a kickboard, safety jump and be water safe.

**RIP CURRENT (Level 5)**- Ages 6-13, beginner swimmer who is comfortable. Must be able to submerge, float and glide without help. Skills taught are freestyle 15 feet with front breathing, T&I's for 15 feet, kick 25 yards on front and back with kickboard, jump and swim to safety, retrieve underwater toys.

**TIDAL WAVE (Level 6)**- Ages 6-13, able swimmer. Must be able to swim 15 feet freestyle with front breathing, 15 feet T&I's on back, kick 25 yards on front and back with a kickboard. Skills taught are jumping in and swimming 15 ft to safety, swim 60 feet of freestyle with side breathing, swim 60 feet of backstroke, tread water for 30 seconds, demonstrate being water safe.

**HURRICANE (Level 7)**- Ages 6-13, strong swimmer. Must be able to swim 60 ft freestyle with side breathing, 60 ft backstroke, tread water for 30 seconds, demonstrate being water safe. Skills taught are swim 25 yds freestyle with side breathing, 25 yards backstroke, 25 yards breaststroke kick, 25 yards butterfly kick, and swim underwater.

**TSUNAMI (Level 8)**- Ages 6-13, exceptional swimmer, pre-competitive. Must be able to swim 25 yds freestyle and backstroke, 25 yards technically correct kick for breaststroke and butterfly. Skills taught are 50 yards of freestyle and backstroke, learning full stroke breaststroke and butterfly.

On to Beginner and Advanced Stroke Clinics...

## **SEA SPRAY (L1)- PINK**

Start class with a group warm up skill, song or game

While warmups are going on, review the level and goals for the level so parent's understand what goals they are working on to get their child into Rapids.

Introduce skill such as front and back floats, front and back glides, and front and back kicks.

Teach proper pool pull to safety (Choo Choo on wall), how to climb out, and how and when to jump in the pool with a parent's help.

Intersperse songs, games, skills and equipment play time with skill work.

Finish the class with a fun song or game. Finish class 3-5 minutes early to allow time to promote kids or recognize Milestones with stickers and photos as the instructor.

### **MILESTONES:**

Submerge (without fear)

Climb Out

Swim with Instructor

### **SKILLS:**

- I can relax in the water.
- I can play water safe games
- I listen to my teacher and parent while in the pool
- I can float on my front and back calmly with help
- I can retrieve under water toys
- I can Choo-Choo to safety
- I can climb out of the pool on my own
- I can be water safe

## **RAPIDS (L2)- Yellow**

Start class with a group warm up skill, song or game, focused on getting comfortable.

Verbally review what we are here to do: Learn to have fun in the pool and learn to float independently!

### **SKILLS TO BE TAUGHT**

SUBMERGE (goal is independently)

BLOW BUBBLES

KICKING ON STAIRS

FRONT FLOAT (goal is independently)

BACK FLOAT (goal is independently)

KICK ON BARBELL

CHOO CHOO ON WALL

FRONT GLIDE (goal is independently)

BACK GLIDE (goal is independently)

CLIMB OUT

JUMP IN

SAFETY JUMPS- Last 3-5 minutes, MILESTONE AND COMPLETION swimmers go first to get their awards and photos.

### **MILESTONES:**

Submerge (without fear)

Back Float/Front Float

Back Glide/Front Glide

## **TYPHOON (L3)- Red**

Verbally review what we are here to do: Learn to have fun in the pool and learn to swim a distance independently!

### **SKILLS TO BE TAUGHT**

BLOW BUBBLES

KICKING WITH A KICK BOARD, WORKING UP TO 25 YDS

FRONT GLIDE WITH KICKING

BACK GLIDE WITH KICKING

BUBBLE AND KICK PRACTICE WITH THE BARBELL

FREESTYLE WITH FRONT BREATHING, WORKING UP TO 15 FT (FLAGS)

T&I'S, WORKING UP TO 15 FT (FLAGS)

RETRIEVE TOYS UNDERWATER (AS DEEP AS POSSIBLE)

GOAL IS TO BE STRONG AND SELF SAVING FOR AT LEAST 15 FT OF SWIMMING

SAFETY JUMPS- Last 3-5 minutes, MILESTONE AND COMPLETION swimmers go first to get their awards and photos.

***PROMOTE TO TIDAL WAVE- which works on swimming  $\frac{3}{4}$  length free and backstroke***

### **MILESTONES:**

Kicking 25 yds

Freestyle to Flags

T&I'S to Flags

## **WATER SPOUT (L4)-Dark Blue**

Verbally review what we are here to do: Learn to have fun in the pool and learn to float independently! Remember overcoming fear is our focus in this level.

### **SKILLS TO BE TAUGHT**

SUBMERGE (goal is independently)

BLOW BUBBLES

KICKING ON STAIRS

FRONT FLOAT (goal is independently)

BACK FLOAT (goal is independently)

KICK ON KICKBOARD FOR 15 FT

FRONT GLIDE (goal is independently)

BACK GLIDE (goal is independently)

CLIMB OUT

JUMP IN

SAFETY JUMPS- Last 3-5 minutes, MILESTONE AND COMPLETION swimmers go first to get their awards and photos.

### **MILESTONES:**

Submerge (without fear)

Back Float/Front Float

Back Glide/Front Glide

## **RIP CURRENT (L5)- Light Blue**

Verbally review what we are here to do: Learn to have fun in the pool and learn to swim a distance independently!

### **SKILLS TO BE TAUGHT**

BLOW BUBBLES

KICKING WITH A KICK BOARD, WORKING UP TO 25 YDS, FRONT AND BACK

FRONT GLIDE WITH KICKING

BACK GLIDE WITH KICKING

BUBBLE AND KICK PRACTICE WITH THE BARBELL

FREESTYLE WITH FRONT BREATHING, WORKING UP TO 15 FT (FLAGS)

T&I'S, WORKING UP TO 15 FT (FLAGS)

RETRIEVE TOYS UNDERWATER (AS DEEP AS POSSIBLE)

GOAL IS TO BE STRONG AND SELF SAVING FOR AT LEAST 15 FT OF SWIMMING

SAFETY JUMPS- Last 3-5 minutes, MILESTONE AND COMPLETION swimmers go first to get their awards and photos.

### **MILESTONES:**

Kicking 25 yds

Freestyle to Flags

T&I'S to Flags

## **TIDAL WAVE (L6)- Green**

Verbally review what we are here to do: Time to buckle down, swim the distance and kick the length of the pool repeatedly.

### **SKILLS TO BE TAUGHT**

BLOW BUBBLES

KICKING-

2 FRONT KICK WITH BOARD WITH HEAD UP

2 BACK KICK NO BOARD, WORKING TOWARDS STREAMLINE

2 FRONT KICK WITH BOARD WITH SIDE BREATHING

FREESTYLE WITH SIDE BREATHING, WORKING UP TO OPPOSITE END FLAGS

BACKSTROKE, WORKING UP TO OPPOSITE END FLAGS

RETRIEVE TOYS UNDERWATER (AS DEEP AS POSSIBLE)

TREAD WATER, WORKING UP TO 30 SECONDS

GOAL IS TO BE STRONG, CONTROLLED AND EFFICIENT IN FREESTYLE AND BACKSTROKE

JUMP AND SWIM TO SAFETY (AT LEAST 15 FT)- Last 3-5 minutes, MILESTONE AND COMPLETION swimmers go first to get their awards and photos.

### **MILESTONES:**

Tread Water

Freestyle w/Side Breathing

Backstroke

## **HURRICANE (L7)- Orange**

Verbally review what we are here to do: Improve Free and Back, learn Breast and Fly kick. Fins are permitted for Fly Kick work ONLY.

### **SKILLS TO BE TAUGHT**

KICKING-

4 FRONT KICK WITH BOARD WITH HEAD UP

4 BACK KICK NO BOARD STREAMLINE POSITION

2 FRONT KICK WITH BOARD WITH SIDE BREATHING

FREESTYLE WITH SIDE BREATHING, WORKING UP TO 25 YDS

BACKSTROKE, WORKING UP TO 25 YDS

BREASTSTROKE KICK, 25 YARDS TECHNICALLY CORRECT

FLY KICK, 25 YARDS TECHNICALLY CORRECT (without fins, fins just for practice)

GOAL IS TO BE ABLE TO SWIM PROPER BREAST AND FLY KICK.

SWIM 4 LAPS CHOICE- Last 3-5 minutes, MILESTONE AND COMPLETION swimmers go first to get their awards and photos.

### **MILESTONES:**

SWIM 2 LAPS WITHOUT STOPPING

BREAST KICK

FLY KICK



## **TSUNAMI (L8)- Purple**

Verbally review what we are here to do: Improve Free and Back, learn Breaststroke and Butterfly. Fins are permitted for Fly work and Sprint work.

### **SKILLS TO BE TAUGHT**

KICKING-

4 FRONT KICK WITH BOARD WITH HEAD UP

4 BACK KICK NO BOARD STREAMLINE POSITION

2 BREAST

2 FLY (WITHOUT BOARD)

FREESTYLE WITH SIDE BREATHING, WORKING UP TO 50 YDS

BACKSTROKE, WORKING UP TO 50 YDS

BREASTSTROKE 25 YARDS TECHNICALLY CORRECT

BUTTERFLY 25 YARDS TECHNICALLY CORRECT (without fins, fins just for practice)

GOAL IS TO BE ABLE TO SWIM PROPER BREAST AND BUTTERFLY.

SWIM 6 LAPS CHOICE- Last 3-5 minutes, MILESTONE AND COMPLETION swimmers go first to get their awards and photos.

***Promote to Beginner Stroke Clinic- Must cancel enrollment in Swim School with Member Services.***

### **MILESTONES:**

SWIM 4 LAPS WITHOUT STOPPING

BREASTSTROKE

BUTTERFLY