

Sea Squad Swim School

at the Steve Miklos Aquatic Center



Welcome to the Sea Squad. Many years ago a group of powerful sea animals were discovered and they want to share their time-tested swimming techniques with you! Participants will learn everything from basic water safety skills to competitive swimming techniques. From Starfish to Shark, we have just the right class for you. On the first day of each class we will assess all new students to get them into their appropriate level. Lessons are taught in our heated instructional pool and 50-meter lap pool. **Join the Squad today – call 916-461-6640 to find the right lesson for you!**

PLEASE NOTE: not all levels are offered during all time slots. Class ratios of instructors to participants are between 1:3 & 1:6; advanced classes may have more students.

SWIM LEVEL PASSING REQUIREMENTS:

Parent/Tot: Children from ages 6 months up to 3 years, accompanied by a parent.

Parents will get in the water to help their child learn water adjustments, support float, kicks, and assisted entries through instruction and games.

Starfish: Ages 3+. Enter and exit the water safely, demonstrate proper back float position, fully submerge unassisted.

Seahorse: Exit pool using bobs, front & back float for 5 seconds, 10 seconds of breath holding.

Guppy: Front and back float for 10 seconds, back float then turn to swim back to stairs or wall, swim 5 yards unassisted using a kickboard.

Goldfish: Streamline push-off wall and hold for 10 seconds, back float 15 seconds, kickboard assisted front and back kick 15 yards, 10 yards unassisted freestyle.

Seal: Back float 20 seconds, 25 yards assisted free style with side breathing, 25 yards assisted back stroke, tread water for 15 seconds.

Stingray: 25 yards free style with side breathing, 15 yards back stroke, 25 yards assisted breast stroke kick.

Dolphin: 50 yards free style, 25 yards back stroke, 15 yards breast stroke, dive, flip turn.

Shark: 100 yard free style, 50 yard back stroke, 25 yard breast stroke, butterfly, starts and turns.

STEVE MIKLOS AQUATIC CENTER • 1200 RILEY STREET • 916-461-6640