

Level Descriptions

Turtle Surfers (40-minute Sessions)

Coached entirely in the shallow end, Turtle Surfers will help young swimmers develop propulsion skills on both their back and their front.

Prerequisites: *Pass Preschool Level 2 Lessons OR:*

- Comfortable in the water
- Performs floats on front and back
- Able to put face in the water
- Jumps into the shallow end without hesitation

Scuttle Surfers (40-minute Sessions)

Scuttle Surfers are coached half the time in the shallow end and half of the time in the deep end. Scuttle Surfers will continue to develop stroke technique on both their front and back, and will set goals to swim across both the shallow and deep end without assistance.

Prerequisites:

- Moves forward with paddle motion on front
- Streamline glides for 3 body lengths on front and back
- Blows bubbles when submerged
- Performs streamline for 3 body lengths with kicking

Junior Surfers (40-minute Sessions)

Junior Surfers will be coached the majority of the time in the deep end, as well as work in the lanes. Junior Surfers will refine techniques on both their front and back, and work on gaining the endurance to swim 25 yards in the lanes without assistance. Junior Surfers may compete in either swim meet.

Prerequisites: *Pass Preschool Level 3 Lessons OR:*

- Is comfortable in deep water
- Swims across the shallow end without assistance
- Treads water for 30 seconds
- Performs underwater streamlines

Reef Surfers (1-hour Sessions)

Coached in the lanes with deep end work when available, Reef Surfers continue to build endurance and learn valuable competitive swimming techniques on both their fronts and backs. Reef Surfers will begin diving.

Prerequisites: *Pass LTS Level 3 Lessons OR:*

- Be comfortable in deep water
- Swims 25 yards without stopping or assistance

Tidal Surfers (1-hour Sessions)

Coached in the lanes with deep end work when available, Tidal Surfers begin to learn swim etiquette, pace clock management, breaststroke technique, flip turns, and continue to build endurance.

Prerequisites:

- Performs rotary breathing
- 25 yard Backstroke
- 50 yard Freestyle
- Performs streamline into Freestyle

Colossal Surfers (1-hour Sessions)

Colossal Surfers will be mainly coached in the lanes with slight deep end work when available. Colossal Surfers will learn DQ infractions, perfect flip turns, dive off the blocks, learn how to do sets, learn the proper turns for breaststroke and butterfly, and learn to do IMs. Strokes will be refined.

Prerequisites:

- Performs basic breaststroke kick
- 100 yard Freestyle
- 50 yard Backstroke
- Basic Flip Turns

Big Kahuna Surfers (1-hour Sessions)

Big Kahuna Surfers will be coached entirely in the lanes. These Surfers know all their strokes, turns, and terminology, and so will work on perfecting their strokes, increasing their endurance, and becoming the best they can be.

Prerequisites:

- 200 yard Freestyle
- 100 yard Backstroke
- 50 yard Breaststroke
- 25 yard Butterfly
- Performs both flip turns and open turns

