

HULSEY WELLNESS CENTER

Swim Lesson Progression: What Comes Next?

STARFISH SWIMMERS

Introduction to water

Our **Starfish Swimmers** is an introduction to water class that is designed to help young swimmers feel safe, confident, and excited in the pool. This level focuses on building comfort with the aquatic environment while teaching essential beginner skills through gentle, age-appropriate instruction.

What your child will learn:

- Blowing bubbles
- Safe ways to enter and exit the pool
- Front float and back float fundamentals
- Basic body positioning and water movement
- Overall confidence and ease in the water

Classes are held on the shallow ramp in the Hulsey pool, giving children a secure space to explore and practice skills independently while still receiving close instructor support. This setup helps swimmers develop confidence at their own pace before progressing to deeper areas.



OTTER FLOATERS

Comfort & Submersion

This level builds on the foundational skills learned in **Starfish Splashers**, helping swimmers gain greater confidence in the water. Through hands-on instruction, children develop comfort with submersion and movement while learning new skills that prepare them for more independence in the water.

New skills children will learn:

- Putting their face in the water with confidence
- Retrieving objects from the bottom of the pool
- Introduction to rotary breathing
- Safe jumping entries into the water

Classes take place on the ramp in the Hulsey pool, where the gradual depth change allows swimmers to practice skills safely while progressing into deeper water at their own pace. Instructors provide strong support and guidance as swimmers become stronger and more comfortable in the water.



CLOWNFISH KICKERS

Bubble Support & Self Rescue

In this level, swimmers continue building on the skills learned in **Otter Floaters** as they gain confidence and beginner confidence in the water. With a balance of support and semi-independent practice.

What your child will learn:

- Swimming short distances with a bubble for support
- Floating on their front and back with decreasing assistance
- Introduction to breaststroke arm movements
- Independent self-rescue skills:
Jump in → resurface → roll to a back float → kick on their back to the wall → exit the pool independently

This self-rescue sequence is essential for safety and prepares swimmers for the expectations of higher-level classes. Through greater endurance, and readiness by practicing lap swim.



TURTLE GLIDERS

Final Bubble Level

This level builds on the foundations learned in **Clownfish Kickers** and helps swimmers transition toward full independence in the water. As the final level that uses bubbles, the focus is on safely phasing out flotation support while developing technique and confidence.

New skills your child will learn:

- Treading water with proper technique
- Sitting dives and safe entry skills
- Open turns used in lap swimming
- Gradual transition out of the bubble to swim independently
- Retrieving objects from the bottom in water up to 5 feet deep

By the end of this level, swimmers will demonstrate greater endurance and readiness through practicing lap swim.



SEAHORSE SPRINTERS

Independent Swimming Begins

This level builds on the skills learned in **Turtle Gliders**. Swimmers are expected to swim short distances independently and confidently without the use of a bubble. **Bubbles are not used in this class.**

New skills your child will learn:

- Introduction to basic swim drills
- Introduction to the side stroke
- Kneeling and sitting dives
- Continued development and mastery of the elementary backstroke

This class focuses on improving stroke control, coordination, and overall water confidence as swimmers progress toward stronger, more efficient movement in the water.



DOLPHIN DIVERS

Lap Swimming and Skill Expansion

This level builds on the skills learned in **Seahorse Sprinters**. Swimmers are expected to be able to swim a **minimum of one full lap independently.**

New skills your child will learn:

- Dolphin kick
- Two new dives: tip-in dives and standing dives
- Introduction to new swim drills

The expectation in this level is for swimmers to continue improving their front crawl, back crawl, side stroke, and breaststroke, with a focus on stronger technique, endurance, and control in the water.



MANTAS

Stroke Expansion & Endurance

This level builds on the skills learned in **Dolphin Divers**. Swimmers should be able to swim all strokes independently. Technique is being refined at this level but is not expected to be perfect.

New skills your child will learn:

- Refinement and mastery of the side stroke
- Introduction to surface dives
- Introduction to the butterfly stroke
- Introduction to flip turns

Swimmers at this level should be able to swim multiple laps independently, focusing on improved endurance, control, and efficiency in the water.



BARRACUDAS

Pre-Competitive Training

This level builds on the skills learned in **Mantas**. In this level, swimmers focus on the four core strokes: freestyle, backstroke, breaststroke, and butterfly. Stroke technique should be smooth and coordinated over multiple laps, with continued refinement rather than perfection.

Swimmers are expected to:

- Tread water for a minimum of two minutes
- Demonstrate competency in previously taught dives
- Be introduced to competitive-style dives

Swimmers at this level continue to improve their endurance, confidence, and overall maturity in the water, preparing them for more advanced and competitive swimming environments.



MAKOS

Swim-Team Ready

This level builds on the skills learned in **Barracudas**. Swimmers work toward mastery of all four competitive strokes, with an emphasis on precision, efficiency, and technical excellence.

Swimmers are expected to:

- Tread water for 3 minutes, with at least 1/2 of the time completed without the use of hands
- Perfect all dives, starts, and turns
- Maintain strong stroke efficiency over extended distances, building both endurance and speed in preparation for swim-team-style training

This level also incorporates proper warm-up, workout, and cool-down discipline, helping swimmers develop the habits and structure used in competitive swimming environments.