



The Great Aquatic Adventure...Swim It!



We offer the highest standard of swim lessons in the state. This program teaches students skills in a progression based way that will allow for great student success and skill retention. There are 3 phases of this program.

The first phase is our Tide Pool Phase. In this phase there are 5 levels: Seahorse, Clown Fish, Turtle, Crab and Penguin. In these levels students will focus on the fundamentals of swimming, and gain the important skills to build and develop endurance in Freestyle, Backstroke and Elementary Backstroke.

The second phase is our Coral Reef Phase. There are 3 levels in this phase: Dolphin, Whale and Shark. During these levels students will continue to build endurance with their Freestyle and Backstroke. They will learn the Butterfly and Breaststroke and begin exploring options for our Jr. Marlin Adventure Phase. The third and final phase is our Jr. Marlin Adventure Phase.

During this phase we have different “Adventures” your student can participate in. The Jr. Marlin Pre-comp team will help prepare students for Competitive Swim Team. Students will learn new stroke drills, perform pace clock work, and do mini workout sets. Students will also continue to build their swimming endurance. Jr. Marlin Pre-comp water polo is designed to introduce students to the sport of Water Polo. During this adventure students will learn the fundamental skills of water polo preparing them for our youth league program. Finally, our Jr. Marlin Pre-comp Dive Adventure is designed to introduce the students to the sport of Competitive Diving. Students will begin by learning the fundamentals and then begin to learn different types of dives from the diving board. This adventure will have levels allowing your student to achieve success no matter what skill level they are at.

Please see below to ensure you register your child for the correct class.

If you have any questions email Audrey Bell at abell@kopfc.com

PHASE	CLASS	ENTRY SKILLS
TIDE POOL	Seahorse	No entry skills, register for this class if you've never taken lessons. Split by age 3-5 and 6+.
	Clown Fish	Back Float 5 sec; Front Float 3 sec; Back Glide w/Kicks 2 body lengths; Front Glide w/kicks 2 body lengths; Rolling w/assistance; Bubbles 5x3 sec-mouth/nose. Split by age 3-5 and 6+.
	Turtle	Unassisted submersion (Bubbles 7x3sec); Front Glide w/kick-rolling to side to breath 2xs; Elementary back 5 cycles.
	Crab	Elementary Backstroke 15 cycles; Freestyle and Backstroke 5 cycles; Using a kickboard to kick 8 yards.
	Penguin	Elementary Backstroke 25yds; Freestyle 15yds; Backstroke 15yds; Treading water 15 sec; Jump into deep water and swim back to wall
CORAL REEF	Dolphin	Perform a kneeling dive, swim 25yds Freestyle, turn and swim 25yds Backstroke; Tread water 30 seconds.
	Whale	Butterfly 3 strokes (recognizable stroke); Backstroke 50yds; Freestyle 50yds; Tread water 45 seconds.
	Shark	Swim non-stop: 5 strokes Breaststroke, 15yds Butterfly, 75yds Freestyle, 75yds Backstroke; Tread water 1:30.
ADVENTURE JR. MARLINS	Pre-Comp Swim team	Perform a shallow dive and swim a 100yd Freestyle, 100 yd Backstroke, 25 Breaststroke, 25 Butterfly.
	Pre-Comp Water polo	Swim 25yds Freestyle, Backstroke and Breaststroke; Tread Water 30 seconds: We recommend completion of the Penguin class.
	Pre-comp Diving	Able to go off Diving Board (jump or dive) and swim back to side of the pool w/out assistance; Tread Water 30 seconds.