

KOPFC Swim Lesson Flow Chart

Water Acclimation



Water Babies Level 1
6-18 Months

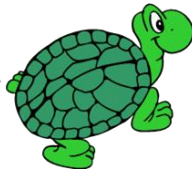


Water Babies Level 2
19-36 Months

Safety & Swim Foundation Levels



Level 1: Clownfish



Level 2: Turtle



Level 3: Crab



Level 4: Penguin

Stroke Technique



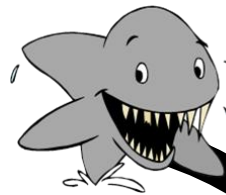
Level 1: Splashball



Level 5: Dolphin



Level 6: Whale



Level 7: Shark

Non-Competitive



Pre-Comp: Jr. Polo



Pre-Comp: Jr. Marlins

Competitive



Kearns Water Polo Club



Kearns Youth Aquatics Team (KYAT)