

KOPFC Lesson Flow Chart

Water Acclimation

Water Babies;
6-36 months;



Swim School: Safety & Swim Foundations

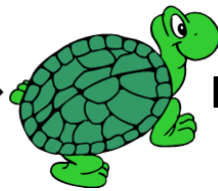
Seahorse 3+

Clownfish 3+

Turtle

Crab

Penguin



Stroke School: stroke technique and Endurance

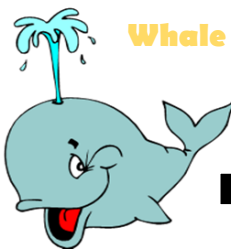
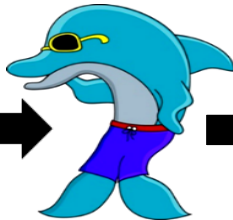
Otter

Dolphin

Whale

Shark

**Jr. Marlins/
Jr. Polo**



Competitive

