

KOPFC Lesson Flow Chart

Water Acclimation

Water Babies
6-36 months



Swim School: Safety & Swim Foundations

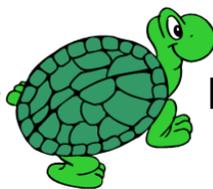
Seahorse 3+



Clownfish 3+



Turtle



Crab



Penguin

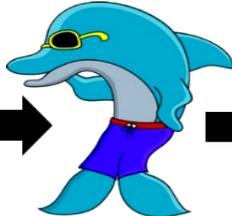


Stroke School: stroke technique and Endurance

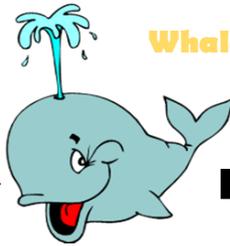
Otter



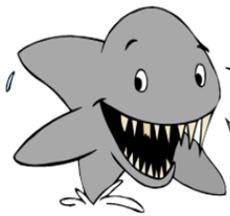
Dolphin



Whale



Shark



Manta Ray



PRE-Competitive Swim team and Water Polo

Jr. Marlins
KOPFC



Competitive



Core Skill Achievement Stages (SWIM SCHOOL)						
	Seahorse	Clownfish	Turtle	Crab	Penguin	Stroke School
Swim School (ages 3- and older)	<i>If the student:</i> Can't swim at all... Child is afraid or timid in, on, or around water... Will not get face wet...	<i>If the student:</i> Is not afraid... Can't swim without support but loves the water... Will get face wet... Will jump in...	<i>If the student:</i> Is not afraid... Can float on front and back... Can float on front and back... Can jump in and return to surface...	<i>If the student:</i> Is not afraid... Can swim underwater or on the surface, and can get an occasional breath...	<i>If the student:</i> Is not afraid... Can tread water for at least 15 seconds... Can swim freestyle with rotary (side) breathing...	<i>If the student...</i> Has achieved a GREEN Starfish Swim School award and Needs to learn or refine freestyle, backstroke, breaststroke, butterfly, and ENDURANCE.
SIGN UP FOR	SIGN UP FOR SWIM SCHOOL <i>Seahorse</i>	SIGN UP FOR SWIM SCHOOL <i>Clownfish</i>	SIGN UP FOR SWIM SCHOOL <i>Turtle</i>	SIGN UP FOR SWIM SCHOOL <i>Crab</i>	SIGN UP FOR SWIM SCHOOL <i>Penguin</i>	SIGN UP FOR STROKE SCHOOL

Swim School Levels:

Can the swimmer put their face in the water without hesitation or fear? (if yes continue to next question) if no please sign up for SEAHORSE

Can the swimmer float on their front and back without assistance? (if yes continue to next question) if no please sign up for CLOWNFISH

Can the swimmer move forward with any combination of arm and leg movements for 10ft on front and back, change directions and go back to the starting point? (if yes continue to next question) if no please sign up for TURTLE

Can the swimmer side breathe on one or both sides while doing front stroke (freestyle) for 10ft? (if yes continue to next question) if no please sign up for CRAB

Can the swimmer link 3 overarm pulls with a side glide 3 more overarm pulls and a side glide (alternating breathing) for 30ft? (if yes continue to next question) if no please sign up for PENGUIN.

Stroke School Levels:

Can the swimmer perform freestyle with high elbow recovery, proper timing of breathing and technique for 30ft? (if yes continue to next question) if no please sign up for OTTER

Can the swimmer perform Backstroke with Straight arm recovery, body roll, and proper timing and technique for 30ft? (if yes continue to next question) if no please sign up for DOLPHIN

Can the swimmer perform 4 strokes of Butterfly, proper timing, breathing and technique and finish with freestyle the remaining length of the pool? (if yes continue to next question) if no please sign up for WHALE

Can the swimmer perform Breaststroke with proper timing and Extension technique for 30ft? (if yes continue to next question) if no please sign up for SHARK.

Can the swimmer perform all Swim bench marks for stroke school but needs to build endurance for swim team, learning starts, Dives, and Flip turns if no, sign up for MANTA RAY