Guppy (3-5)

Course Overview

Water safety and drowning prevention for 3 - 5 year olds

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**Level 1:**

**No entry skill requirements**

Introduces young children to independent swim lessons. Emphasis on working through separation anxiety, water adjustment, learning the rules of swim lessons and basic breath control.

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**Level 2:**

**Entry skill requirements:** Safe/reliable at holding the wall during lessons, comfortable putting face in the water, blowing bubbles and laying in a back float position.

Teaches basic water survival and self-rescue skills to young children. Emphasis on independent movement through the water, independent floating and intermediate breath control.

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**Level 3:**

**Entry skill requirements:** Must pass exit skills assessment from level 2 - Jump into deep water, recover to back float position, then float or swim to the wall and climb out independently

Lays technical foundation for basic stroke techniques. Emphasis on head/hip alignment and propulsive kick technique.

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**Level 4:**

**By instructor recommendation only**

Builds confidence and independence in basic stroke techniques for very strong young swimmers. Emphasis on head/hip alignment and simultaneous arm/leg action.