

Milford Recreation Swim Lessons

AGES	LEVEL	COMPLETION REQUIREMENTS
6 mo.-3 years	SWIM LIKE A FISH (Parent and Child) Parent and child swim lessons are designed to introduce children to the water at an early age. Little ones will increase their comfort in the water through fun activities, singing, games and basic swim instruction.	
3-5	AQUA ANIMALS Aqua Animals will learn to be comfortable in the water. They will learn to put their faces in the water and become comfortable with supported floating on their front and back. Supported floating and gliding on front and back Basic movements and kicks Safety	Pass to Starfish Unsupported float on front and back Put face in water, blow bubbles
5+	STARFISH (Level 1) Starfish swimmers will learn to glide unsupported on their back and front, and swim using alternating arm and leg actions for approximately 2 body lengths. They will practice putting their faces in the water, bobbing and retrieving submerged items. Unsupported floating and kicking on front and back Alternating arms Life jackets	Pass to Otters Front glide 2 body lengths Retrieve submerged items Back float unsupported
5+	OTTERS (Level 2) Otters swimmers will improve their Starfish skills so that they can swim for approximately 5 body lengths on their back and on their front with combined arm and leg actions. They will practice retrieving submerged items and float on their back for 15 seconds. Combined stroke and kick on front and back Rotary breathing Safety Skills	Pass to Seals Combined arms and legs to flags on front and back Float on back for 15 seconds
5+	SEALS (Level 3) Seals will learn to jump into the pool, fully submerge and recover to the surface and return to the side. They will learn the front crawl and elementary backstroke. They will also learn to push off in a streamline and begin kicking. Elementary Back Stroke Diving Treading water Breaststroke kick Flutter kick and dolphin kick	Pass to Dolphins Elementary backstroke 25 yards Front crawl 25 yards Push off in a streamline with dolphin kicks, surface and start flutter kicks
5+	DOLPHINS (Level 4) Dolphins swimmers will learn the breaststroke and start to learn the butterfly. They will practice swimming the front crawl and elementary backstroke for a full length of the pool. Breaststroke arms and legs Back Crawl Safety skills Butterfly Standing dive	Pass to Swim Team Prep 25 yards of Front Crawl, Back Crawl and Breaststroke Butterfly to flags Standing dive
5+	SWIM TEAM PREP This class will focus on diving, flip turns and refining the 4 competitive strokes. Diving Flip Turns/Open Turns Stroke work	