

KOPFC LESSON FLOW CHART

WATER BABIES AGES 6-3 YEARS OLD



SWIM SCHOOL AGES 3-18 YEARS OLD

Guppy



Clownfish 3+



Sting Ray



Eel

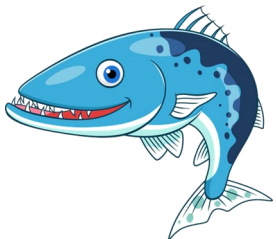


Seal

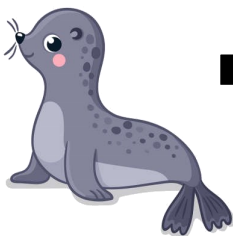


STROKE SCHOOL AGES 3-18 YEARS OLD

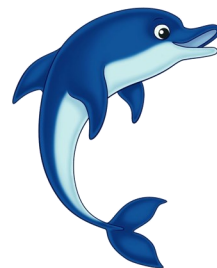
Barracuda



Sea Lion



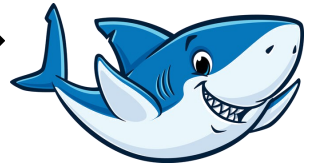
Dolphin



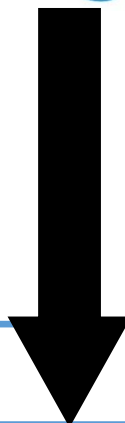
Whale



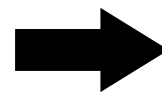
Shark



PRE-COMP SWIM, SPLASH BALL & WATER POLO



SPLASH BALL



COMPETITIVE



Picking the right level

Sign up for Guppy 3-5 if:

The swimmer is ages 3-5.

Is not comfortable with water on their head or face.

Cannot enter the water and submerge for 3-5 seconds comfortably and relaxed consistently.

Sign up for Guppy 6+ if:

The swimmer is ages 6+

Is not comfortable with water on their head or face.

Cannot enter the water and submerge for 3-5 seconds comfortably and relaxed consistently.

Sign up for Clownfish 3-5 if:

The swimmer is ages 3-5.

Cannot jump in, recover for air on their back with a lifejacket for 10ft/3m.

Cannot jump in roll to their back to rest and breathe for 3-5 seconds consistently.

Sign up for Clownfish 6+ if:

The swimmer is ages 6+.

The swimmer Cannot jump in, recover for air on their back with a lifejacket for 10ft/3m.

The swimmer Cannot jump in, roll to their back to rest and breathe for 3-5 seconds consistently.

Sign up for Sting Ray 3-5 if:

The swimmer is ages 3-5.

The swimmer cannot tread water independently for 10 seconds relaxed and consistently.

The swimmer cannot jump in, swim with face in the water, roll to their back to rest and breathe for 30ft/10m relaxed and consistently.

Sign up for Sting Ray 6+ if:

The swimmer is ages 6+.

The swimmer cannot tread water independently for 10 seconds relaxed and consistently.

The swimmer cannot jump in, swim with face in the water, roll to their back to rest and breathe for 30ft/10m relaxed and consistently.

Sign up for Eel 3-5 if:

The swimmer is ages 3-5.

The swimmer cannot side glide, roll to their front, side glide again, roll to their side to rest and breathe for 3 seconds, with a continuous kick without floatation for 15ft/5m relaxed and continuously.

Sign up for Eel 6+ if:

The swimmer is ages 6+.

The swimmer cannot side glide, roll to their front, side glide again, roll to their side to rest and breathe for 3 seconds, with a continuous kick without floatation for 15ft/5m relaxed and continuously.

Sign up for Seal 3-5 if:

The swimmer is ages 3-5.

The swimmer cannot jump into water over their head, recover to the surface, tread water for 1 minute, and swim 50yd using any arm and leg actions on their front or back without stopping, relaxed and, at least twice.

Sign up for Seal 6+ if:

The swimmer is ages 6+.

The swimmer cannot jump into water over their head, recover to the surface, tread water for 1 minute, and swim 50yd/50m using any arm and leg actions on their front or back without stopping, relaxed and, at least twice.

Sign up for Barracuda if:

The Swimmer has Passed Seal (swim school)

The swimmer can jump into water over their head, recover to the surface, tread water for 1 minute, and swim 50yd/50m using any arm and leg actions on their front or back without stopping, relaxed and, at least twice.

Sign up for Sea Lion if:

The swimmer has passed Barracuda.

The swimmer cannot swim Freestyle for 25 yards with proper timing, technique, and side breathing.

The swimmer cannot swim Backstroke for 25 Yards with proper timing, arm recovery and kick.

Sign up for Dolphin if:

The swimmer has passed Sea Lion.

The swimmer can swim Freestyle for 25 yards with proper timing, technique, and side breathing.

The swimmer can swim Backstroke for 25 Yards with proper timing, arm recovery and kick.

The Swimmer cannot swim Butterfly for 25 Yards with proper timing, undulation, breathing for Butterfly.

Sign up for Whale if:

The swimmer has passed Dolphin.

The swimmer can swim Freestyle for 25 yards with proper timing, technique, and side breathing.

The swimmer can swim Backstroke for 25 Yards with proper timing, arm recovery and kick.

The swimmer can swim Butterfly for 25 Yards with proper timing, arm recovery and Kick.

The Swimmer cannot swim Breaststroke for 25 Yards with proper timing, undulation, breathing, kick, and technique for Breaststroke.

Sign up for Shark if:

The swimmer has passed Barracuda through Whale.

The swimmer can swim Freestyle for 25 yards with proper timing, technique, and side breathing.

The swimmer can swim Backstroke for 25 Yards with proper timing, arm recovery and kick.

The swimmer can swim Butterfly for 25 Yards with proper timing, arm recovery and Kick.

The swimmer can swim Breaststroke for 25 Yards with proper timing, undulation, breathing, kick, and technique for Breaststroke.

The swimmer cannot swim 50 yards of each stroke (side stroke, elementary backstroke, Freestyle, backstroke, Butterfly, and Breaststroke) without stopping.

The Swimmer cannot Tread water for 5 minutes without stopping.