The Dolphins swim class is for children who have mastered a comfortable, relaxed Freestyle swim and are familiar with unassisted Backstroke, Breaststroke and Butterfly kick. Side breathing is mastered and breathing to the non-preferred side is introduced. This class has no more than four children between the ages of six to twelve years old.

In this level, instructors give the students a solid basis for building the correct form of each stroke. There is time in each class for working on relaxation and floating – the foundations for a good Freestyle. Techniques such as a good streamline, proper exhalation of air, a good propulsive kick, and the proper feel of the water on the arm stroke are the foundations used as a basis for each stroke.

The Goals of the Dolphins Class:
1. Develop Freestyle side breathing to the non-preferred side
2. Learn a beginning somersault and a beginning sit-down dive
3. Learn the correct Butterfly and Breaststroke progression

We achieve these goals through various games, songs and swimming patterns. Using these games and songs, there is room to accommodate various skill levels. We work on group patterns and taking turns. Focus is on being responsible for watching the instructor and swimming in turn. Instructors also continue teaching group movement and focus on hands-on correction.

Children progress in swimming at their own rate and develop their own style. Many times, it is not according to any timetable an instructor or parent sets up for them. Pressure to perform can often be the biggest roadblock to progress. While our program challenges each swimmer, we try to remove the pressure and make it fun. What we do not want to see is regression! Year round consistency also plays a role in preventing regression.

The requirements to move to the Sharks class are: Demonstrate non-preferred side breathing; maintain Backstroke; demonstrate the stroke of the weak arm; and perform a safety swim.