The Seals swim class is for children who have mastered a comfortable, relaxed Freestyle swim and are familiar with unassisted Backstroke. They can handle greater distance in their swims and make the transition to swimming in the lap pool. The Seals class has no more than four children between the ages of six to twelve years old.

In this level, the instructors continue to build on the basics learned in the Stingrays class. Techniques such as streamlines, proper exhalations of air, a propulsive kick and proper feel of the water are stressed. Children learn new skills such as side breathing, arms for backstroke and the kicks for Butterfly and Breaststroke. Emphasis is placed on keeping the group moving in order to maximize practice time. The main focus in this level is helping the swimmer learn how to perform Freestyle side breathing independently.

**The Goals of the Seals Class:**
1. Freestyle side breathing to the preferred side
2. Maintain back streamline and kick while learning backstroke arms
3. Learn an unassisted turn-over swim in the middle of the pool

We achieve these goals through various games, songs and swimming patterns. Using these games and songs, there is room to accommodate individual skill levels. In the Seals class, the instructors give the students a solid basis for building the correct form of each stroke. 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. We work on group patterns and take turns. Focus is on being responsible to watch the instructor and swimming in turn. Instructors begin teaching group movement and focus on hands-on correction.

Children progress in swimming at their own rate and develop their own style. This 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 Dolphins class are:** Preferred side breathing; full backstroke; and the safety swim.