The Tiger Barbs swim class is for children who have mastered a comfortable, relaxed Freestyle swim and are familiar with unassisted Backstroke kicking. Covering greater distances in their swims, they make the transition to swimming in the lap pool. With no more than four children between the ages of three to five years old, this is the most advanced class for this age group.

Instructors continue to build on the basics learned in the Gobies class. Children refine techniques such as streamlines, proper exhalations of air, a propulsive kick and proper feel of the water. They learn new skills such as side breathing, arms for Backstroke and 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 Tiger Barbs Class:
1. Develop Freestyle side breathing to the preferred side
2. Maintain back streamline and kick while teaching backstroke arms
3. Perform Breaststroke and Butterfly kicks

We achieve these goals through various games and swimming patterns. Using this technique we can accommodate individual skill levels. In this level, 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 taking turns. The focus is on being responsible to watch the instructor and swimming in turn. Instructors teach 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 Freestyle side breathing; full Backstroke; and correct Breaststroke and Butterfly kicks.