

Summary of Recommendations:

The chart below provides general recommendations for transitioning to the new swim lesson curriculum. Please refer to the swim lesson curriculum transition guide for recommendations outlining two options.

Old Curriculum Level		New Curriculum Level
Level 4: Pre-Basic Beginners	→	Level 4 – Starfish or Level 1 – Pollywogs if 5 years or over 4’0” tall
Level 1: Basic Beginners	→	Level 1 – Pollywogs or Level 2 – Guppies
Level 2: Beginners	→	Level 2 – Guppies or Level 3 – Goldfish
Level 3: Advanced Beginners	→	Level 3 – Goldfish or Level 4 – Sea Turtles
Level 4: Intermediates	→	Level 5 – Marlins or Level 6 – Dolphins
Level 5: Swimmers	→	Level 6 – Dolphins (Additional advanced levels to come)

Swim Lesson Curriculum Transition Guide

This guide matches participants from the old swim lesson curriculum to the new swim lesson levels. Below are the guidelines for transitioning based on the skills outlined in both curricula.

Level 4: Pre-Basic Beginners → Level 4 – Starfish or Level 1 – Pollywogs

If your child is new to **Level 4: Pre-Basic Beginners** or is younger than 5 and **not** over 4 feet tall, please register for **Level 4 – Starfish**. If your child is younger than 5 but over 4 feet tall and has completed more than one session of **Level 4: Pre-Basic Beginners**, it is recommended to register for **Level 1 – Pollywogs**. Please contact Aquatics Supervisor Brian Noce at brian.noce@ssf.net or Aquatics Coordinator Cynthia Lin at cynthia.lin@ssf.net before registration day to obtain approval for online registration.

Level 1: Basic Beginners → Level 1 – Pollywogs or Level 2 – Guppies

If you are new to swim lessons at Orange Pool and are a beginner, please register **Level 1 – Pollywogs**. However, if your child has completed **Level 1: Basic Beginners** for one or more sessions and can proficiently meet the Level 1 – Pollywogs requirements listed below, they should register for **Level 2 – Guppies**.

1. Front float unassisted for at least 5 seconds
2. Introduction to forward arm circles
3. Introduction to front streamline
4. Assisted front flutter kick for 5 yards

5. Blow bubbles with submersion
 6. Back float unassisted for 5 seconds
 7. Introduction to backward arm circles
 8. Introduction to back streamline
 9. Assisted back flutter kick for 5 yards
 10. Jump into three feet of water unassisted and return to the wall
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Level 2: Beginners → Level 2 – Guppies or Level 3: Goldfish

If you are new to **Level 2: Beginners**, please register for **Level 2 – Guppies**. However, if your child has completed **Level 2: Beginners** for multiple sessions and can proficiently meet the Level 2 – Guppies requirements listed below, they should register for **Level 3 – Goldfish**.

1. Front float with standing recovery
 2. Forward arm circles with board for 5 yards
 3. Introduction to side breathing
 4. Front streamline for 5 yards unassisted
 5. Front flutter kick with a board 10 yards
 6. Assisted forward arm circles and flutter kick for 5 yards
 7. Back float with standing recovery
 8. Back streamline for 5 yards unassisted
 9. Backward arm circles with board for 5 yards
 10. Back flutter kick with board for 10 yards
 11. Assisted backward arm circles and flutter kick for 5 yards
 12. Introduction to elementary backstroke kick
 13. Introduction to elementary backstroke arms
 14. Introduction to front-to-back float (turnovers)
 15. Jump into four feet unassisted into back float then return to the wall
 16. Safety skills: aware of pool depths, return to shallow water, climbing out of the pool unassisted
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Level 3: Advanced Beginners → Level 3 – Goldfish or Level 4 – Sea Turtles

If you are new to **Level 3: Advanced Beginners**, please register for **Level 3 – Goldfish**. However, if your child has completed **Level 3: Advanced Beginners** for more than one session and can proficiently meet the Level 3 – Goldfish requirements listed below, they should register for **Level 4 – Sea Turtles**.

1. Front-to-back float unassisted (turnovers)
2. Forward arm circles with side breathing and flutter kicks (freestyle) with board for 10 yards
3. Streamline with front flutter kick unassisted for 5 yards
4. Freestyle unassisted for 5 yards
5. Introduction to underwater streamlines on the front
6. Backward arm circles with flutter kicks (backstroke) with a board for 10 yards
7. Introduction to underwater streamlines on the back
8. Back streamline with flutter kick unassisted for 5 yards
9. Backstroke unassisted for 5 yards

10. Assisted elementary backstroke 10 yards
 11. Introduction to breaststroke kick
 12. Introduction to treading
 13. Introduction to kneeling dive
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Level 4: Intermediates → Level 5 – Marlins or Level 6 – Dolphins

If you are new to **Level 4: Intermediates**, please register for **Level 5 – Marlins**. However, if your child has completed **Level 4: Intermediates** for more than one session and can proficiently perform the Level 5 – Marlins requirements listed below, they should be registered for **Level 6 – Dolphins**.

1. Freestyle with underwater streamline for 25 yards
 2. Backstroke with underwater streamline for 25 yards
 3. Elementary backstroke unassisted for 25 yards
 4. Breaststroke for 15 yards
 5. Introduction to side stroke kick
 6. Introduction to forward flip turns
 7. Treading unassisted for 1 minute
 8. Kneeling dive and return to wall unassisted
 9. Introduction to standing dive
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Level 5: Swimmers → Level 6: Dolphins (Additional higher levels to come)

If your child is new to **Level 5: Swimmer**, please register them for **Level 6 – Dolphins**. For those who have completed **Level 5: Swimmer** for more than one session and can confidently demonstrate the required skills, **Level 6 – Dolphins** will offer continued practice and skill refinement until additional levels become available at our new facility.