

Water Babies (6 months – 3 years)

Working on:

- Being comfortable underwater
- Being comfortable on the back
- Having an independent mobility in the water
- Swimming and breathing skills

Frogs (3 -5 years)

Working on:

- Lowering the anxiety level about water
- High comfort level underwater
- The ability to float independently
- Having a relaxed back position

Puffers (6-12 years)

Working on:

- Lowering the anxiety level about water
- High comfort level underwater
- The ability to float independently
- Having a relaxed back position

Water Wigglers (18 months – 3 years)

Working on:

- Maintaining a comfortable, head down swim
- Freestyle progression of streamline, kick, and then arms
- Independent back glide with arms at side and in a streamline to the wall
- How to work in a group and take turns

Gobys (3 -5 years)

Working on:

- Good streamlining skills
- Freestyle with straight arm recovery
- Having an independent Backstroke kick with arms at the side and in a streamline to the wall
- An unassisted turn-around swim

Stingrays (6-12 years)

Working on:

- Good streamlining skills
- Freestyle with straight arm recovery
- Having an independent Backstroke kick with arms at the side and in a streamline to the wall
- An unassisted turn-around swim

Tiger Barbs (3 -5 years)

Working on:

- Freestyle side breathing to the preferred side
- Back streamline and kick while teaching Backstroke arms
- An unassisted turn-over swim at the wall and in the middle of the pool

Seals (6-12 years)

Working on:

- Freestyle side breathing to the preferred side
- Back streamline and kick while teaching Backstroke arms
- An unassisted turn-over swim at the wall and in the middle of the pool

Dolphins (6-12 years)

Working on :

- Freestyle side breathing to the non-preferred side
- Beginning somersault and a beginning sit-down dive
- Correct kick and arms for Butterfly and Breaststroke

Sharks (6-12 years)

Working on:

- Freestyle with bi-lateral breathing
- Flip turn through pushing off the wall in a back streamline
- Breaststroke and Butterfly progression through breathing

- Minimum number of participants for all classes are 2 children. Classes with less than 2 will be canceled after the first day.

• Maximum Capacities:

Water Babies - 6

(Each child must have an adult in the water)

Water Wigglers - 2

Frogs, Gobies, Tiger Barbs - 4

Puffers, Stingrays, Seals, Dolphins, Sharks - 5

- All Water Baby and Water Wiggler participants are required to wear plastic reusable swim diapers as well as all Frog, Goby, and Tiger Barb participants under the age of 4.

- All paid participants have full use of our facility the day of their program.

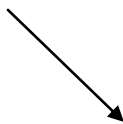
- If a day of class is canceled by the JCC we will offer a makeup credit or a refund equal to the cost of that day. For exact details contact the aquatic staff.

408.357.7423

aquatics@svjcc.org

<http://www.svjcc.org/aquatics>

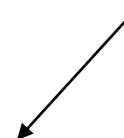
Ages 6 months – 3 years



Ages 3 years – 5 years



Ages 6 years – 12 years



Aquatic Concepts Flowchart

See other side for level
descriptions