

# Acrobatic Sharks



Pre-Requisite	<ul style="list-style-type: none"> <li>Achieved Tumbling Minnows exit skills</li> <li>OR, at least 5 years of age</li> </ul>
Description	<ul style="list-style-type: none"> <li>Swimming lessons in a fun and challenging environment to swim independently, swimming styles begin to take form</li> </ul>
Objectives	<ul style="list-style-type: none"> <li>Teach basic swimming techniques necessary for any water sport</li> </ul>
Time Commitment to Safety	<p>Recommended annually, either/or:</p> <ul style="list-style-type: none"> <li>80 weekly 40 min group lessons: 4 seasons annually during school year / 8 weeks each approximately</li> <li>50 sessions of 20 min of 1 on 1 instruction</li> <li>Attend summer camp at least 4 weeks should include aquatic education</li> </ul>
Exit Skills	<ul style="list-style-type: none"> <li>Breathing &amp; nose protection             <ul style="list-style-type: none"> <li>Fetching objects from the bottom 4' to 5' without assistance</li> <li>Breath holding 10"-15"</li> <li>Submerge mouth blowing trumpet "ppppp" 4"-6" and "mmmm" 3"-5"</li> </ul> </li> <li>Safety &amp; flotation             <ul style="list-style-type: none"> <li>Float Independently for up to 10 seconds</li> <li>Glide on Front and Back alone</li> </ul> </li> <li>Body movement &amp; balance             <ul style="list-style-type: none"> <li>Simultaneous and mirror image movements of extremities: Dolphin and Frog like movements</li> <li>Symmetric movements of extremities: Front and Back Crawl</li> <li>Summersault backwards, forwards and sides with assistance</li> <li>Roll front to back to take a breath</li> <li>Roll back to front and swim to wall 7-8yards</li> <li>March on the bottom of the pool, with assistance, in water above head</li> </ul> </li> <li>Navigation             <ul style="list-style-type: none"> <li>Jump in from the side of pool, return to wall or cross corner of the pool 6-10 feet without assistance</li> <li>Enter and Exit Water Independently</li> <li>Can swim a 75 foot pool</li> </ul> </li> </ul>

