


# Soaring Dolphins



Pre-Requisite	<ul style="list-style-type: none"> <li>Achieved Acrobatic Sharks skills</li> <li>At least 6 years of age</li> </ul>
Description	<ul style="list-style-type: none"> <li>Exclusive introductory program for young swimmers who want to increase speed and performance with all the benefits of swimming as a sport</li> </ul>
Objectives	<ul style="list-style-type: none"> <li>Advanced swimming lessons to increase speed and distance through better breathing and body movement techniques</li> </ul>
Time Commitment to Safety	<ul style="list-style-type: none"> <li>1x / week year round</li> </ul>
<p>Exit Skills</p> 	<ul style="list-style-type: none"> <li>Breathing &amp; nose protection             <ul style="list-style-type: none"> <li>Able to blow nose as they rotate their head to inhale front crawl with swimming aid</li> <li>Can consistently hum breathe while swimming for 30 seconds</li> <li>Can do hand stands on 3- 4' of water without water getting into their nose</li> </ul> </li> <li>Safety &amp; flotation             <ul style="list-style-type: none"> <li>Push off in a streamlined position</li> <li>Early progressions for entering the water headfirst from the side of the pool</li> <li>Can demonstrate 'letters of strokes' 'X', 'Y', 'I', 'T' and stationary flotation</li> <li>Can go from tuck position to all letter positions above</li> </ul> </li> <li>Body movement &amp; balance             <ul style="list-style-type: none"> <li>Sustained combination of breaststroke, crawl or backstroke</li> <li>Swim front crawl, backstroke or breast stroke 25 yards, change position and direction as necessary, swim elementary backstroke for 25 yards, and exit the water</li> <li>Effective breaststroke and dolphin kicks</li> </ul> </li> <li>Navigation             <ul style="list-style-type: none"> <li>Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient off and swim front crawl to exit</li> <li>Know safety rules for headfirst entries</li> <li>Submerge and swim a distance of 10 yards underwater, return to the surface, swim back and exit</li> </ul> </li> </ul>