

Penguin | Intermediate Beginner Swim Lesson

The Penguin Intermediate Beginner Level is designed as an introduction class for children 5-8 years old. Children will become familiar with a pool environment and learn basic swimming skills. Below are the skills covered during Penguin Swim Lessons.

Prerequisite: Demonstration of Seahorse skills.

Water Entry and Exit

Enter and exit water safely using ladder, steps, or side unassisted

Breath Control and Underwater Swimming

Submerge mouth, nose and eyes

Blow bubbles through mouth and nose

Open eyes underwater, pick up submerged object held at arm's length

Buoyancy on Front and Back

Maintain front and back float positions

Recover to standing position from front and back float

Changing Direction and Position

Change direction of travel while walking or paddling

Roll over from front to back

Treading Water

Explore arm and hand movements

Swim on Front and Back

Alternating arm action on front and back

Simultaneous arm action on front and back

Alternating leg action on front and back

Simultaneous leg action on front and back

Combined stroke on front and back (any arm and leg action)

General and Personal Water Safety

Water safety rules

How to use and wear a lifejacket in the water

How to recognize a swimmer in distress

How to get help

