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