The Seahorse Beginner Level is designed as an introduction class for children 3-5 years old. Children will become familiar with a pool environment in a safe and encouraging setting. Below are the skills covered during Seahorse Swim Lessons.

**Prerequisite:** 3 years old

**Water Entry and Exit**
- Exit/Enter water using ladder, stepping, or jumping into shoulder- deep water

**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
- Front and back glides, 2 body lengths

**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**
- Staying safe around aquatic environments
- Recognizing the Lifeguards/Calling for Help
- Wearing a lifejacket in the water
- How to recognize a swimmer in distress
- How to get help