The Stingray Intermediate Level is designed to build on the swimming skills through stroke development for children 6-10 years old. Children begin to develop and bridge the gap between introductory and more advanced skills. Below are the skills covered during Stingray Swim Lessons.

Prerequisite: Demonstration of Turtle skills.

Water Entry and Exit
- Jump into deep water from the side
- Head first entry from sitting or kneeling position

Breath Control and Underwater Swimming
- Submerge and retrieve object
- Bobs with head fully submerged
- Rotary breathing

Buoyancy on Front and Back
- Front and back glides with two separate kicks
- Survival and back float

Changing Direction and Position
- Change from vertical to horizontal position on front and back

Treading Water
- Tread water with minimal assistance

Swim on Front and Back
- Front crawl
- Back crawl
- Butterfly kick and body motion

General and Personal Water Safety
- General water safety rules
- Safe diving rules
- HELP and Huddle positions
- Reaching assist
- Check-Call-Care