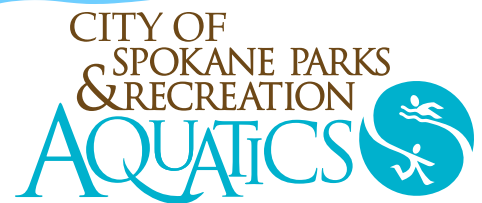


# Stingray | Intermediate Swim Lesson



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

