

## SUDBURY SUMMER SWIM GROUP BREAKDOWN

<b>MINNOWS</b>	In this level, students will focus on submerging the mouth, nose and eyes. Students will work towards opening their eyes underwater and retrieving objects underwater. Swimmers will learn to float on their front and back using the motion from their arms and legs.
<b>SEALS</b>	In this level, students who are able to fully submerge their faces into the water. Students will focus on blowing bubbles, entering and exiting by themselves, and floating on front and back. Swimmers will learn to enter and exit independently along with learning to float independently.
<b>DOLPHINS</b>	In this level, students will focus on jumping into deep water, bobbing to safety, sitting and kneeling dives, rotary breathing, and survival floating. Swimmers will work on flutter, dolphin, and breaststroke kicks. Elementary backstroke and the front crawl will be introduced.
<b>WHALES</b>	In this level, students will focus on headfirst entries, surface dives, front crawl, and backstroke open turns, sidestroke, survival swimming, treading water, and butterfly will be introduced.
<b>SHARKS</b>	In this level, students will focus on front and back flip turns, tuck and pike surface dives, shallow angle dives with glides also being introduced. Front and back crawl, elementary backstroke, sidestroke, and butterfly are the main focus of this level.