

Aqua Tots Achievement Levels

(Only For Children Ages 2 1/2 & older)

The following system was designed as a tool to help motivate your children to learn and accomplish new skills. For each level your child achieves, there is a corresponding badge that will be awarded. This is our way of keeping track of the students' accomplishments, and a way to acknowledge all of their hard work.

Please do not place too much emphasis on these levels because it can be overwhelming for a child. Remember that every child progresses at a different rate. No matter what their level is we will praise them for their efforts and commitment, and we need parents to do the same. We want to teach our students that hard work, focus, determination, & commitment are the tools that will make them successful not only here but in their everyday lives.

Your children will have the opportunity to advance to the next achievement level, during designated "achievement weeks". During those weeks your child's level will be assessed and those children who have consistently & accurately performed the required skills will be awarded the appropriate achievement level.

The fish and the starfish levels are the only levels that can be earned/awarded during ANY class. These first two levels are a very big accomplishment and need to be acknowledged as soon as they perform the necessary skills.

We have found that children under 2.5 years old do not fully understand the concept of these levels. Therefore, we do not use this system in the parent/child level.

If at any time you would like an update on your child's progress please **email us at: info@aquatots123.com**. It is very hard for us to give updates during or after class so please email us and we will be happy to tell you what your child is working on.

The goal of this system is to instill, from a young age, the value of hard work and the sense of pride and accomplishment that comes along with that.

Placement / Skill Levels

These levels are given out in sequential order.

To achieve the next level you must maintain the skills from the previous level

- Fish** Students must be able to swim the width of our pool unassisted by a teacher or any floatation device. He / She must be comfortable putting their face in the water!
- Swordfish** Students must be able to demonstrate "4 big arms" in a row. He / She will also be required to demonstrate "ear & blow" (side breathing) with the kickboard. They must have the correct arm and head movements. The instructor may provide some assistance with the "ear & blow skill". (Student must first achieve the Starfish level)
- Octopus** Students must be able to demonstrate "big arms" for the width of the pool. He/ She must do "ear and blow" without the teacher manipulating their arms or head at all. They must also have the concept "2 big arms & ear" (front crawl). Very little assistance should be needed from the instructor. Students must also be able to swim on their backs for 15 yards.
- Otter** Students must be able to do "ear and blow" with no help, for 15 yards. He/ She must also demonstrate "2 big arms and ear" with limited support from the teacher under their arm. He/ She must understand the concept of backstroke (arms need to come out of the water). (Student must first achieve the Jellyfish level)
- Seahorse** Students must be able to swim the length of the pool (25 yards) unassisted. They must also be able to demonstrate Freestyle (2 big arms & ear), with the correct breathing & form, at least 10 to 15 yards (half the length of the pool). They have to demonstrate backstroke with proper arm movement and body position for 20 – 30 feet.
- Seal** Students must be able to swim 25 yards (1 length of our pool) of Freestyle & Backstroke with the correct form / rhythmic breathing / & timing. (Student must first achieve the Turtle level)
- Stingray** Students must be able to demonstrate "Seal" skills for 50 yards (2 lengths of our pool) with perfect arm & rhythmic breathing. In addition he / she must be able to swim 25 yards of the "elementary backstroke".
- Frog** Students must achieve the stingray skills and be able to demonstrate them for 100 yards (4 laps of our pool). Keeping their form for 4 laps is very important. He/ She must also demonstrate the correct breast stroke kick for 25 yards.
- Dolphin** Students must have the seal, stingray, & frog skills and they must be able to demonstrate each of those skills for 150 yards (6 laps of our pool). They must have the correct racing pull (bent elbow when their arm enters the water, extend and pull back) for front crawl. In addition he / she must have the correct timing for

backstroke (alternating arms). Their breast stroke kick must be strong enough to begin working on “full” breast stroke. Again form and consistency is very important. The student must also be able to dive correctly from the side of the pool.

Whale

Students have to demonstrate all of the dolphin skills for 200 yards (8 laps of our pool). In addition he / she must be able to demonstrate the full breast stroke with its’ proper timing (pull, breathe, kick, glide). He / She must also be able to demonstrate 25 yards of the butterfly kick.

THE LEVELS LISTED BELOW ARE “SAFETY” LEVELS

(These badges are given out in order and the previous badge must be earned before the next badge can be earned)

Starfish

Students must be comfortable swimming with their face in the water by themselves for a 4 count. Students must be able to jump into the pool and swim back to the wall. The teacher may assist with the jump but cannot help the child get back to the wall or climb out. Children must be able to use the “bubble” by themselves across the pool. They must also be able to recover from a prone position to a vertical position with a bubble.

Jellyfish

Students must be able to tread water for 1 minute. They must also be able to jump into the pool without goggles and get back to the wall unassisted. They must be able to get onto their backs independently and float or “scull” for at least 30 seconds. Finally they must be able to touch the floor of the shallow end with their feet (with assistance from the teacher) and return to the surface. (Student must first achieve the Fish level)

Turtle

Students must be able to tread water for 2 minutes. They must also be able to jump off the diving block without assistance or goggles and get back to the wall. They must be able to float independently for an extended period of time. Finally they must be able to retrieve an object from the floor of the shallow end of the pool and return to the surface with assistance from the instructors. (Student must first achieve the Octopus level)

Alligator

Students must be able to tread water for 5 minutes. They must be able to retrieve an object from the floor of the pool in deep water (about 6-8 feet). They must also be able to demonstrate both a feet first surface dive and a stride jump, which are both lifeguarding skills. (Student must first achieve the Dolphin level)

Walrus

Students must be able to tread water for 1 minute while holding a weight and for 1 minute without using their hands. He/ She must be able to swim 15 yards under water without coming up for a breath. They must be able to swim the length of the pool while holding a weighted object. Finally, the student must be able to demonstrate “escapes”. (Student must first achieve the Whale level)

A.T. ALL-STARS BADGES

Great White Shark:

- These students have achieved all of the above badge levels and can now demonstrate each of those skills for 250 yards (10 laps of our pool). In addition they now are able to demonstrate the sidestroke & the entire butterfly stroke for 15 to 25 yards (it must have the correct timing and kick). They must also be able to dive from the starting block and they must know all of their racing turns. (Student must first achieve the Alligator level)

Timed Badges:

- Students are eligible for these once they achieve their whale badges. We have two levels of times, the All Star Triangles & the Black Diamonds. Each level requires the students to achieve specific times in each stroke in order to achieve the specific stroke badges. For example: your child may be a “triangle” in freestyle but “diamond” in backstroke. The Black Diamond level is designed to be extremely hard to achieve.