

Swim Lesson Quick Assessment Criteria

NOTE: Skills listed under each class are the requirements to be successful and are necessary prior to the start of that specific class. 'Graduation' from one class is intended to provide the requisite skillset to be successful in the following course.

Starfish

**Ages 9 months-3 years
with parent or guardian**

- No skills required
- Small pool at bottom of slides



Sea Otter 1

Ages 3-5 years

- No skills required



Sea Otter 2

Ages 3-5 years

- Comfortable in shallow water
- Blow bubbles on request
- Willing to submerge on request
- Relaxed front and back float with very little assistance and on the verge of performing unassisted
- Jump into shallow water unassisted

Sea Otter 3

Ages 3-5 years

- Unassisted front and back float 6 seconds each
- Kicking unassisted 5 yards each on front and back
- Unassisted crawlstroke arms or reach and pull with kick 2 yards
- Unassisted front and back glide
- Jump in deep water and return to wall unassisted
- Ability to submerge to retrieve objects

Orca Prep

Ages 6-12 years

- No skills required. Class is structured for reluctant students.



Orca 1

Ages 6-12 years

- Students should be comfortable putting their face and ears in the water, blow bubbles
- Ability to submerge to retrieve objects
- Unassisted front and back float 6 seconds
- Kicking unassisted 5 yards each on front and back

Orca 2

Ages 6-12 years

- Unassisted front and back float 30 seconds each
- Jump in shallow water and kick 15 yards
- Unassisted crawlstroke 25 yards
- Tread water 30 seconds

Orca 3

Ages 6-12 years

- Rolling over from front to back and back to front
- Crawlstroke with breathing 25 yards
- Backstroke 25 yards
- Elements of elementary backstroke kick and arms (not necessarily coordinated)
- Jump in deep water, kick and fin 15 yards
- Tread water 1 minute

Kraken

Ages 13+

- Teen/Adult Beginner Swim Lessons
- No skills required



Henry Moses Aquatic Center
1719 Maple Valley Hwy, Renton
425-430-6780
aquatics@rentonwa.gov

