

Miami Hills Swim Club Dolphin Swim Lesson Program

Goal: To instruct swim lesson participants in the fundamentals of swimming and water safety. With this goal in mind, we are hoping that the participants will develop solid life-long swimming skills and the understanding of personal water safety. It is also the hope of this program that some will go on and find “their aquatic activity” as a stepping stone from this program: competitive swimming, synchronized swimming, water polo, canoeing, paddle boarding, etc.

Bottle-nose Dolphin - 3 years of age accompanied with an adult

Skills Goals:

1. Comfort in and around the water
2. Floating in the prone and supine positions with assistance if needed
3. Blowing Bubbles
4. Submerging
5. Rudimentary swim strokes ie. kicking, paddling

Safety Goals:

1. Entering into the water after permission is granted by the attending adult
2. Entering the water via the steps, ladder, and edge
3. Learning to grasp the wall and pull themselves to the wall
4. Learning to safely exit the pool via the steps, ladder, edge after directed
5. Learning to jump in safely
6. Working with the parents on general safety in and around water

Snub-fin Dolphin - 4 - 5 year olds

Skills Goals:

1. Comfort in and around the water
2. Floating independently in both supine and prone positions for 10seconds
3. Blowing Bubbles through nose and mouth with their face in the water
4. Submerging themselves completely
5. Bobbing - fully submerging and blowing bubbles 10x
6. Stream-line push off the wall in the prone and supin positions
7. Rolling from supine to prone and from prone to supine positions
8. Improved kicking skills
9. Improved paddling skills
10. Introduction of treading skills

Safety Goals:

1. Enter pool safely via the steps, ladder, and pool edge when permitted
2. Exiting the pool safely via the steps, ladder, and from the pool edge
3. Understanding the basic pool rules and where the lifeguards are located
4. Understanding how to call for help
5. Learning the importance of a lifejacket
6. Learning basic safety skills

Spotted Dolphin - ages 6 and up

Skills:

1. Proper entry and exit skills
2. Proper breathing technique
3. Prone Floats for 8 seconds
4. Supine Floats for 15 seconds
5. Rolling over from supine to prone and prone to supine
6. Bobbing with bubbles
7. Rotary Breathing
8. Front Crawl - arms, legs 15 meters
9. Elementary Backstroke - arms and legs 15 meters
10. Treading

Safety:

1. Basic understanding of the pool rules
2. Basic understanding of personal safety rules
3. Demonstrates comfort with a lifejacket and how to use it
4. Demonstrates extension rescues
5. Demonstrated throwing rescues
6. Understanding of calling for help when in distress

Striped Dolphin - ages 6 and up

Skills:

1. Continuation of Spotted Dolphin Skills
2. Supine Float 30 seconds
3. Front Crawl with Rotary Breathing 15 meters
4. Elementary Backstroke with the glide 15 meters
5. Breaststroke 15 meters
6. Treading for 30 seconds
7. Kneeling Dive

Safety:

1. Increased understanding of the pool rules
2. Increased understanding of personal safety rules
3. Demonstrates increased knowledge of extension/throwing rescues
4. Increased understanding of calling for help when in distress

Spinner Dolphin - ages 6 and up

Skills:

1. Continuation of Spotted Dolphin Skills
2. Supine Float for 1 minute
3. Survival Float for 30 seconds
4. Front Crawl with Rotary Breathing 25 meters
5. Elementary Backstroke with the glide 25 meter
6. Breaststroke with a glide 15 meters
7. Back Crawl 15 meters
8. Treading 1 minute
9. Standing Dive

Safety:

1. Continuation of Spotted Safety Skills
2. Understanding of extension equipment rescues

Dusky Dolphin - ages 6 and up

Skills:

1. Continuation of the Spinner Dolphin Skills
2. Supine Float 3 minutes
3. Survival Float 1 minute
4. Front Crawl with Rotary Breathing 50 meters
5. Elementary Backstroke with the glide 50 meters.
6. Breaststroke with the glide meters
7. Back Crawl 25 meters
8. Sidestroke 15 meters
9. Butterfly meters
10. Treading 3 minutes
11. Surface Dives

Safety:

1. Continuation fo the Spinner Safety Skills
2. Discussion of River and Open Water swimming Safety

Risso Dolphin - ages 6 and up

Skills Goals:

1. Continuation of the Dusky Skills
2. Supine Float 5 minutes
3. Survival Swim 25 meters
4. Front Crawl with Rotary Breathing 100 meters
5. Elementary Backstroke 100 meters
6. Breaststroke with the glide 50 meters
7. Back Crawl 25 meters
8. Sidestroke 25 meters
9. Butterfly 25 meters
10. Treading 5 minutes
11. Retrieve a brick from the pool bottom (diving well)

Safety Goals:

1. Continuation of Dusky Safety

Fraser Dolphin - ages 6 and up

Skills Goals:

1. Refined swimming strokes with 5 minute swim
2. Personal Water Safety
3. Discussion and Understanding of other Aquatic Activities

Safety Goals:

1. Swimming and floating clothed
2. Using clothing for flotation
3. Understanding the different safety concerns of Aquatic Activities