

NORDC Aquatics Class and Level Descriptions

TADPOLE (Parent & Child) **ages 6-36 months**

Parents and children participate in guided activities that emphasize fun and elementary swimming skills.

Tadpole 1: Water comfort; water entry; splash, kick; blow bubbles.

Tadpole 2: Float; kick; underwater exploration, swim to the pool side.

GUPPY (Parent & Child) ages 2-5

For children who love the water, but aren't quite ready to be on their own with an instructor.

Guppies 1: Water comfort, water entry; splash, kick; blow bubbles.

Guppies 2: Float; kick; under water exploration, swim to the pool side; begin coordinated arm and leg movement.

NEMO ages 3-5

Learn water safety, survival skills and foundational swimming concepts in a safe and fun environment.

Nemo 1: Water comfort; water entry; blow bubbles; kick; breath control.

Nemo 2: Builds on Level 1 skills; float; basic locomotion, coordinated arm and leg movement.

Nemo 3: Builds on Level 2 skills; improve arm and leg action coordination.

STARFISH ages 6-12

Progress through levels at your own pace. Must pass or show competency before advancing to next the level.

Starfish 1: Intro to Water Skills

Water comfort; safe water enter and exit; submerge mouth, nose and eyes; exhale and open eyes under water; roll over with support; swim with support; use of life jacket.

Starfish 2: Fundamental Aquatics Skills

Safe water enter and exit; submerge head; blow bubbles (bobbing); open eyes underwater; float; glides; rolls; tread water, swim using combined arm and leg actions.

Starfish 3: Stroke Development Jump into deep water; dive in; bob with head fully submerged; rotary breathing; glides, float in deep water; change from horizontal to vertical position on front and back; front and back crawl; butterfly-kick and body motion.

Starfish 4: Stroke Improvement Standing dive; swim underwater; feet-first surface dive; open turns; tread water; front and back crawl; breast-stroke; butterfly; backstroke.

Starfish 5: Stroke Refinement

Coordination and refinement of strokes; standing shallow dive; tuck and pike surface dives; front and back flip turns; front and back crawl; butterfly; breast stroke; backstroke; sidestroke; survival swimming.

Starfish 6: Swim and Skill Proficiency

Refine strokes to swim with ease, efficiency, power and smoothness over greater distances.

DOLPHIN ages 12-15

Student must have passed or show competency before advancing to next the level.

Dolphin 1: Intro to Water Skills

Water comfort; safe water enter and exit; submerge mouth, nose and eyes; exhale and open eyes underwater; roll over with support; float with support; swim using arm and leg actions with support; use of life jacket.

Dolphin 2: Fundamental Aquatics

Safe water enter and exit water; submerge head; blow bubbles (bobbing); open eyes underwater; float; glides; change directions; roll over; tread water; swim using combined arm and leg actions.

Dolphin 3: Stroke Development

Jump into deep water; dive in; bob with the head submerged; rotary breathing; glides; float in deep water; change positions; front and back crawl; butterfly-kick and body motion.

Dolphin 4: Stroke Improvement

Standing dive; swim underwater; feet-first surface dive; open turns while treading water; front and back crawl; breaststroke; butterfly; elementary backstroke.

Dolphin 5: Stroke Refinement

Refine strokes; standing shallow dive; tuck and pike surface dives; front and back flip turns; front and back crawl, butterfly; breaststroke; elementary backstroke; sidestroke; survival swimming.

SHARK ages 16+

Shark 1: T.O.W.: Terrified of Water

We work with you to get past your fears and conquer the world of aquatics!

Shark 2: Fundamental Aquatics Skills

Safe water enter and exit; submerge head; blow bubbles (bobbing); open eyes underwater; float; glides; change directions, roll over; tread water; swim using combined arm and leg actions.

Shark 3: Stroke Development Jump into deep water; dive in; bob with head submerged; rotary breathing; glides, float in deep water; change positions; back crawl; butterfly-kick and body motion.

Shark 4 Improve Skills & Strokes

Focus on endurance and form with crawl, back crawl, breaststroke and backstroke; water safety survival skills.

Aqua Fitness ages 16+

Have fun while doing cardio and water exercises that target the whole body.

How to Register

1. Get a registration form at the pool and submit completed form to a lifeguard.
or
2. Download a registration form from nola.gov/pools and submit the completed form to a lifeguard.