

Little Fins Evaluated Skills List

18 months – Pre K

(skills listed are key skills, not a complete list)

Starfish: safe entry and exit to pool w/parent, blow bubbles, reach to parent from deck, push off from bottom & side, flutter kick on deck/seated

Polliwog: safe entry and exit to pool w/o parent, blow bubbles under water, kicking w/ S.P. on front and back

Tadpole: continuation of Polliwog program, in which students transition to swimming without parents

Minnow: blowing bubbles, blow air out under water, wall crawls, front glide w/ S.P., cannon ball to front float, wall bobs

Goldfish: front and back float w/kick, independent floating, front glide, front crawl arms, back glide

Marlin: retrieve object from shallow/glide, rotary breathing/walking, elementary back stroke arms, independent front glide, frog kicks/back, cannon ball/board

Shark: retrieve object from shallow, rotary breathing w/kick, elementary back stroke, cannon ball to back float, breast stroke arms, front crawl/4 strokes

Dolphin: retrieve object from deep, independent elem. back stroke, breast stroke, front crawl 6 strokes, butterfly mechanics

* S.P. Swim PALS

Little Fins Evaluated Skills List

Kindergarten and Up

(skills listed are key skills, not a complete list)

Level 1: blowing bubbles, hold breath under water, blow air out under water, wall bob, front glide, back float w/ S.P., front crawl arms/walking

Level 2: retrieve object from shallow, underwater glide, front and back float, front crawl/4 strokes, elem. back stroke arms w/ S.P., frog kicks on back

Level 3: sitting dive-retrieve object, tread water 30 sec., front crawl/6 strokes, back crawl, dolphin kicks w/ board, breast stroke arms w/ S.P.

Level 4: kneeling dive-retrieve object, tread water 45 sec, dolphin kick, elem. back stroke, front crawl w/ 2 breaths, breast stroke under water, cannon ball to back float

Level 5: standing dive-retrieve object, tread water 60 sec., front crawl pool length, back crawl ½ pool length, breast and butterfly strokes

Level 6: advanced stroke development – all strokes



Swim School

Class Schedule 2018

June 2nd – August 25th

Little Fins Special Features

Pool P.A.L.S

(Pool assisted learning system)

The Little Fins Pool P.A.L.S. (created by head instructor, Aaron Samano) are the backbone of the Little Fins curriculum. They were designed based on the same principles that we use in teaching gymnastics. That is that students learn more quickly and efficiently when they are repeatedly put in the correct body position regardless if it is for swimming technique or for gymnastics. Our Pool P.A.L.S. are floatation devices that help the student maintain the correct body position in kicking, basic gliding and swim strokes. This gives the students the confidence and the necessary repetition while building correct swimming technique.

Our staff is well trained in the Pool P.A.L.S. method of teaching so that all students are taught on our specialized lesson plan.

Other Features

A very small student to teacher ratio is kept to insure excellent teaching procedures and expedite learning. Each child receives a skills check off list that shows what techniques were mastered during that session and which will still need work. This method of tracking keeps our students on a continual progression based on the levels of our curriculum.

Class Enrollment Information

The class schedule is available in monthly and weekly formats. See the inside of this brochure along with our registration and tuition fee information. A completed registration form and full payment must be received for all class time reservations. You may register online. (We accept Visa, Mastercard and Discover.)

A \$25.00 returned check fee will be applied to all returned checks. There is a \$10.00 fee to transfer classes after enrollment.

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Located at spirals gymnastics facility

*Owned and operated by
Spirals Gymnastics, Inc.*