



JAC Swim Lessons Level Descriptions



Seahorse Program- Ages 3-5



Beginner Seahorse

An introduction to water comfort and safety through play, submersion, and assisted floating. Swimmers learn to blow bubbles, explore underwater, and begin building confidence.

This is a class for adjusting to the water! If your child is comfortable in the water you can skip this class and enroll in Seahorse 1



Seahorse 1

Swimmers gain independence with unassisted floats, practice strong kicks, and learn safety rolls and rocketship glides to develop body control.



Seahorse 2

Focuses on underwater swimming, side breathing, and beginner freestyle techniques while reinforcing proper kicking on both front and back.



Seahorse 3

Swimmers advance their freestyle skills, learn backstroke basics, and start swimming short distances with proper streamline and control.



Seahorse 4

Introduces advanced freestyle and backstroke, adds beginner breaststroke, and builds endurance through increased distance swimming.



Seahorse 5

Emphasizes advanced stroke technique, underwater streamline, dolphin kick, and treading water to prepare swimmers for the next program level.



Dolphin Program- Ages 6-12



Beginner Dolphin

The Beginner Dolphin class helps students build their water confidence by teaching them how to float unassisted, control their breath, and perform a rocket ship push-off. They will also learn basic front crawl movements.



Dolphin 1

Swimmers gain independence with unassisted floats, learn safety rolls, and begin coordinating basic freestyle and kicking skills.



Dolphin 2

Students refine freestyle, develop proper streamline position, and are introduced to backstroke and longer swimming distances.



Dolphin 3

Swimmers master strong push-offs, improve stroke technique, and begin learning breaststroke while building endurance.



Dolphin 4

This level emphasizes underwater streamline, advanced breaststroke, and introduces dolphin kick for improved speed and coordination.



Dolphin 5

The most advanced Dolphin level focuses on butterfly, treading water, and endurance training to prepare swimmers for pre-competitive skills.



Sea Stars- Ages 6-12

Swimmers demonstrate proficiency in all four competitive strokes with strong technique, endurance. Through this program, we aim to get our Sea Stars ready for the Stingray Training Team. Must be proficient in all four competitive strokes.

Questions? Email info@jerseyaquaticcenter.com

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