

SWIM LEVEL GUIDE

Below is a list of some of the skills that will be *taught* in each swim level. Read the descriptions to help you decide which class level will be best for your child. ***Keep in mind that if your child is not in the correct class, we will make any necessary adjustments on Days 1 and 2.*** If you are having trouble deciding between two levels, we *might suggest* that you choose the lower level as it's much easier on the ego to be moved up a level than it is to be moved back a level.

LEVEL 1 – WATER EXPLORATION

- ◆ Fully submerge face
- ◆ Kick while on back, fully supported
- ◆ Kick while on front, fully supported
- ◆ Walk 5 yards in chest-deep water, alternating arms
- ◆ Float on front, fully supported
- ◆ Float on back, fully supported
- ◆ Blow bubbles into water
- ◆ Put on life jacket and enter shallow water
- ◆ Enter and exit water independently using ladder, ramp or steps

LEVEL 2 – PRIMARY SKILLS

- ◆ Hold breath and fully submerge head for 3 seconds
- ◆ Step from side into chest-deep water, recover to a vertical position
- ◆ Get out of the side of the pool
- ◆ Float on back, unsupported
- ◆ Rhythmic breathing
- ◆ Orientation to deep water
- ◆ Flutter kick on front
- ◆ Flutter kick on back
- ◆ Back crawl arm action
- ◆ Combined stroke from front, using kick and alternating arm action
- ◆ Turn over from front to back
- ◆ Float in life jacket with face out of water
- ◆ Retrieve objects under water

LEVEL 3 – STROKE READINESS

- ◆ Retrieve objects under water with eyes open, no support
- ◆ Bob, submerging head completely
- ◆ Dive from side of pool from kneeling position
- ◆ Tread water
- ◆ Jump into deep water with life jacket on
- ◆ Reverse direction while swimming on back
- ◆ Coordinate arm stroke for front crawl with breathing to the side
- ◆ Prone glide with push-off
- ◆ Supine glide with push-off
- ◆ Reverse direction while swimming on front
- ◆ Elementary back stroke
- ◆ Jump into deep water from side of pool

LEVEL 4 – STROKE DEVELOPMENT

- ◆ Deep water bobbing
- ◆ Demonstrate jelly fish and tuck floats
- ◆ Rotary breathing in shallow water
- ◆ Dive using standing position
- ◆ Elementary backstroke – 10 yards
- ◆ Front crawl – 25 yards – rotary breathing
- ◆ Back crawl – 25 yards
- ◆ Breaststroke kick 10 yards with or without a board
- ◆ Scissors kick 10 yards with or without a board
- ◆ Change of direction at wall
- ◆ Tread water – 2 minutes – any kick
- ◆ Demonstrate rescue breathing
- ◆ Become familiar with CPR

LEVEL 5 – STROKE REFINEMENT

- ◆ Alternate breathing
- ◆ Stride jump entry
- ◆ Breaststroke 10 yards
- ◆ Sidestroke 10 yards
- ◆ Swim under water 3 body lengths
- ◆ Elementary backstroke – 25 yards
- ◆ Dolphin kick 10 yards – board optional
- ◆ Front crawl 50 yards
- ◆ Back crawl 50 yards
- ◆ Open turn on front and back
- ◆ Tread water for 2 minutes using 2 different kicks

LEVEL 6 – SKILL PROFICIENCY

- ◆ Front crawl 100 yards
- ◆ Back crawl 100 yards
- ◆ Breaststroke 25 yards
- ◆ Sidestroke 25 yards
- ◆ Butterfly 10 yards
- ◆ Approach stroke 25 yards (no turn necessary)
- ◆ Breaststroke and sidestroke turn
- ◆ Speed turn and pullout for breaststroke
- ◆ Flip turn for front crawl
- ◆ Tread water for 3 minutes, 1 minute with no hands
- ◆ Demonstrate throwing rescue

LEVEL 7 – ADVANCED SKILLS

- ◆ Swim continuously, any stroke, for 500 yards
- ◆ Front crawl for 200 yards
- ◆ Swim underwater 15 yards
- ◆ Back crawl 100 yards
- ◆ Breaststroke 50 yards
- ◆ Sidestroke 50 yards
- ◆ Butterfly 25 yards
- ◆ Back turn
- ◆ In-water rescue
- ◆ Retrieve brick in 8-10 feet of water
- ◆ Tread water for 5 minutes