

SWIM LESSON LEVELS

Level 1: Water Exploration –**Children learn basics of swimming:** bobbing, floating in prone and supine positions, gliding in prone and supine positions, flutter kick in prone and supine positions, front crawl, basic safety rules, and jumping in.

Level 2: Primary Skills - **Children should already be able to:** float on front and back and put head under water. **Children will work on:** floating, gliding, flutter kick, front crawl, back crawl, turning over from front to back and back to front, retrieving object, and jumping into water over their head.

Level 3: Stroke Readiness - **Children should already be able to:** swim front and back crawl. **Children will work on:** gliding, front crawl, back crawl, elementary backstroke, retrieving object, treading water, jumping into deep water, kneeling dive, and compact dive.

Level 4: Stroke Development - **Children should already be able to:** swim front and back crawl 10 yards, elementary backstroke, and dive in kneeling and compact position. **Children will work on:** deep water bobbing, rotary breathing, front crawl, back crawl, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, breaststroke, rotary kicks, and diving in stride and standing positions.

Level 5: Stroke Refinement - **Children should already be able to:** swim front and back crawl 25 yards, elementary backstroke 10 yards, scissors kick, whip kick, treading water, and diving. **Children will work on:** alternate breathing, stride jump, diving from board, long shallow dive, front and back crawl, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water

Level 6: **Children should already be able to:** swim front and back crawl 50 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes, and dive. **Children will work on:** All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pullout, butterfly turn, sidestroke turn, pike and tuck surface dive, pike and tuck dive from board, tread water for five minutes, and basic water rescue.