

# Class Descriptions and Skills

## **Level 1: Starfish**

The objective of Level 1 is to help students feel comfortable in the water and enjoy the water safely. The student learns elementary swimming skills including water adjustment, buoyancy, breath control, water entry and exit, and personal safety. The goal of this class is to complete the following skills:

- \_\_\_ Enter and exit water safely
- \_\_\_ Submerge mouth, nose, eyes (3 sec.)
- \_\_\_ Hold breathe and fully submerge head (3 times)
- \_\_\_ Front float with support
- \_\_\_ Back float with support
- \_\_\_ Blowing bubbles
- \_\_\_ Kicking on front with support
- \_\_\_ Kicking on back with support
- \_\_\_ Reach and pull arm strokes and kicking with support
- \_\_\_ Glide 2 body lengths with support

### **Safety Skills**

- \_\_\_ Water Safety Rules
- \_\_\_ How to get help
- \_\_\_ Wearing a life jacket

## **Level 2: Jellyfish**

The objective of Level 2 is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. The goal is to complete the following skills:

- \_\_\_ Rhythmic breathing (Bob 8 times)
- \_\_\_ Retrieve objects from chest deep water at arms length away
- \_\_\_ Front float (5 seconds)
- \_\_\_ Back float (5 seconds)
- \_\_\_ Front glide (torpedo)
- \_\_\_ Back glide and recovery
- \_\_\_ Stroking and Kicking on back (Elem. Backstroke arms) with support
- \_\_\_ Stroking and Kicking on front (4 arm strokes with kicking and face in water)
- \_\_\_ Roll over from front to back
- \_\_\_ Roll over from back to front
- \_\_\_ Jump from side of pool into 5 ft area with support
- \_\_\_ Sitting Dive

### **Safety Skills**

- \_\_\_ Water safety rules
- \_\_\_ How to recognize a swimmer in distress
- \_\_\_ How to get help
- \_\_\_ Wearing a life jacket in deeper water

## **Level 3: Goldfish**

The objective of level 3 is to build on the skills in Level 2 by providing additional guided practice. Students will learn to coordinate the beginner (catch-up) freestyle with side breathing, backstroke, introduction to elementary backstroke kick, treading water and diving and safety rules. The goal is to complete the following skills:

- \_\_\_ Retrieve object 2-3 body lengths away
- \_\_\_ Rhythmic breathing (bobbing 15 times without pausing)
- \_\_\_ Streamline kicking on front (no breathing)
- \_\_\_ Kicking on back, hands at side
- \_\_\_ Beginner (catch-up) freestyle with side breathing
- \_\_\_ Backstroke (10 yards)
- \_\_\_ Intro to Elementary Backstroke (arms/legs)
- \_\_\_ Jump into deep water from side, change directions and recover to safety
- \_\_\_ Kneeling dive from side of pool
- \_\_\_ Treading water (30 seconds)

### **Safety Skills**

- \_\_\_ Water Safety Rules including diving
- \_\_\_ H.E.L.P in deep water with lifejacket
- \_\_\_ Reaching assist to a distressed victim

## Class Descriptions and Skills

### **Level 4: Seahorse**

The objective of level 4 is to develop confidence in strokes learned thus far and improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (elementary back, freestyle, back stroke) for greater distances than in level 3. Students will also have an introduction to Olympic freestyle and Breaststroke. The goal is to complete the following skills:

- \_\_\_ Deep water bobbing using a scull
- \_\_\_ Stride dive from a standing position
- \_\_\_ Streamline kicking on front with pop up
- \_\_\_ Streamline kick on back
- \_\_\_ Freestyle with side breathing (25 yards)
- \_\_\_ Backstroke (25 yards)
- \_\_\_ Elementary Backstroke (coordinated stroke)
- \_\_\_ Intro to Breaststroke (arms/legs).
- \_\_\_ Swim underwater (10 feet)
- \_\_\_ Jump in from deep water, recover and swim for 10 yards
- \_\_\_ Intro dolphin kick
- \_\_\_ Tread water (45 sec.)

### **Safety Skills**

- \_\_\_ Water safety rules
- \_\_\_ Huddle position with a life jacket
- \_\_\_ Throwing assists for drowning and distressed victims

### **Level 5: Dolphin**

The objective in Level 5 is coordination and refinement of key strokes. Students will perform the breaststroke and increase distances in the freestyle, backstroke and elementary backstroke. Students will be introduced to the dolphin kick, sidestroke and alternate side breathing. The goal is to complete the following skills:

- \_\_\_ Alternate side breathing
- \_\_\_ Shallow standing dive with glide two body lengths
- \_\_\_ Tuck surface dive
- \_\_\_ Swim underwater (15 yards)
- \_\_\_ Freestyle (50 yards)
- \_\_\_ Backstroke (50 yards)
- \_\_\_ Elementary Backstroke (25 yards)
- \_\_\_ Breaststroke (10 yards, coordinated stroke)
- \_\_\_ Intro to Sidestroke (arms/legs)
- \_\_\_ Dolphin kick (10 yards)
- \_\_\_ Intro to Butterfly (arms/legs)
- \_\_\_ Tread water (1 min)
- \_\_\_ Forward somersault while swimming

### **Safety Skills**

- \_\_\_ Put on a life jacket tossed as a lifesaving measure in deep water
- \_\_\_ Survival float (30 sec.)
- \_\_\_ Throwing assists for drowning or distressed victims