

# Swim Lesson Levels

If you are trying to decide what class your child should start out in, take a look at the skill requirements below for each level. These are the skills that the instructor will be working on throughout the session. Swimmers must master all of the skills in a particular level before moving onto the next one. After the first day of class, the instructors may move students around according to their ability. If your child has not had a lesson for a year and seldom swims, he/she should repeat the last class taken even if he/she passed that level.

## Starfish

### Level 1: Water Exploration

- \_\_\_\_\_ Enter/Exit pool safely and independently
- \_\_\_\_\_ Walk through water comfortably
- \_\_\_\_\_ Submerge face (3 sec.)
- \_\_\_\_\_ Bob 10 times (supported)
- \_\_\_\_\_ Float on back (supported)
- \_\_\_\_\_ Float on front (supported)
- \_\_\_\_\_ Bubble blowing
- \_\_\_\_\_ Face float with kicking (supported)
- \_\_\_\_\_ Back float with kicking (supported)
- \_\_\_\_\_ Alternate arm action - reach and pull
- \_\_\_\_\_ Wear life jacket and enter shallow water
- \_\_\_\_\_ Ask for help/-reaching assist without equipment

## Jellyfish

### Level 2: Primary Skills

- \_\_\_\_\_ Fully submerge head (3 sec.)
- \_\_\_\_\_ Retrieve underwater objects
- \_\_\_\_\_ Front float and glide (unsupported)
- \_\_\_\_\_ Back float and glide (unsupported)
- \_\_\_\_\_ Leveling off from vertical position
- \_\_\_\_\_ Rhythmic breathing (bob 10 times underwater)
- \_\_\_\_\_ Flutter kick on front (unsupported)
- \_\_\_\_\_ Flutter kick on back (unsupported)
- \_\_\_\_\_ Front crawl (5 yards)
- \_\_\_\_\_ Backstroke (5 yards)
- \_\_\_\_\_ Turning over F/B, B/F
- \_\_\_\_\_ Reaching assist from deck
- \_\_\_\_\_ Float in deep water with life jacket (1 minute)

**Levels Continued...**

## **Goldfish**

### **Level 3: Stroke readiness**

- \_\_\_\_\_ Retrieve objects in chest deep water
- \_\_\_\_\_ Bob in water slightly over head
- \_\_\_\_\_ Jump into deep water from side of pool
- \_\_\_\_\_ Kneeling dive from side of pool
- \_\_\_\_\_ Gliding on front with push off (10 ft.)
- \_\_\_\_\_ Gliding on back with push off (10 ft.)
- \_\_\_\_\_ Crawl stroke with breathing to side (10 yards)
- \_\_\_\_\_ Back stroke (10 yards)
- \_\_\_\_\_ Elementary backstroke kick (10 yards)
- \_\_\_\_\_ Reverse direction while swimming
- \_\_\_\_\_ Treading water
- \_\_\_\_\_ Jump into deep water wearing a life jacket
- \_\_\_\_\_ Learn how to open airway for rescue breathing
- \_\_\_\_\_ Huddle position in groups of 3 (1 min.)

## **Seahorse**

### **Level 4: Stroke Development**

- \_\_\_\_\_ Deep water bobbing
- \_\_\_\_\_ Stride dive from side of pool
- \_\_\_\_\_ Standing dive from side of pool
- \_\_\_\_\_ Elementary Backstroke (arms and legs)
- \_\_\_\_\_ Sculling on back (5 yards)
- \_\_\_\_\_ Front Crawl with side breathing (25 yards)
- \_\_\_\_\_ Backstroke (5 yards)
- \_\_\_\_\_ Basics of Breaststroke (10 yards)
- \_\_\_\_\_ Basics of Sidestroke (10 yards)
- \_\_\_\_\_ Open turn at the wall
- \_\_\_\_\_ Tread water (2 min.)
- \_\_\_\_\_ Learn rescue breathing techniques
- \_\_\_\_\_ Become familiar with CPR

## **Dolphin**

### **Level 5: Stroke Refinement**

- \_\_\_\_\_ Alternate side breathing
- \_\_\_\_\_ Dive from diving board
- \_\_\_\_\_ Stride jump entry
- \_\_\_\_\_ Long shallow dive
- \_\_\_\_\_ Front Crawl with side breathing (50 yards)
- \_\_\_\_\_ Backstroke (50 yards)
- \_\_\_\_\_ Elementary Backstroke (25 yards)
- \_\_\_\_\_ Sidestroke (10 yards)
- \_\_\_\_\_ Breaststroke (10 yards)
- \_\_\_\_\_ Underwater swim (3 body lengths)
- \_\_\_\_\_ Open turns (front and back)
- \_\_\_\_\_ Dolphin kick (10 yards)
- \_\_\_\_\_ Tread water using 2 kicks
- \_\_\_\_\_ Signs of a spinal injury