

Swim Lesson Levels

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 breath and fully submerge head
- ___ 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 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 5 times)
- ___ Retrieve objects from chest deep water at arms length away
- ___ Front float (5 seconds)
- ___ Back float (5 seconds)
- ___ Front glide (torpedo)
- ___ Kicking and winging on back
- ___ Reach and Pull with Kicking, face in water (4 arm strokes)
- ___ Intro to Beginner/Catch up stroke with kick board (4 arm strokes)
- ___ Roll over from front to back.
- ___ Roll over from back to front
- ___ Jump from side of pool into deeper water

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 10 times without pausing)
- ___ Streamline kicking on front (10 yards)
- ___ Streamline kicking on back with support
- ___ Beginner (catch-up) freestyle
- ___ Beginner (catch-up) freestyle with side breathing
- ___ Backstroke (10 yards)
- ___ Intro to Elementary Backstroke (arms/legs)
- ___ Jump into deep water from side, change direction and recover to safety
- ___ Kneeling dive from side of pool
- ___ Treading water (20 seconds)

Safety Skills

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

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
- ___ 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 to Dolphin kick
- ___ Tread water (30 sec.)

Safety Skills

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

Swim Lesson Levels Descriptions and Skills

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
- ___ Standing dive from side of pool
- ___ 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 (45 sec.)
- ___ Forward somersault

Safety Skills

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