

# HOW TO CHOOSE THE CORRECT LEVEL OF SWIM LESSONS

1. Review the skills listed for each class. These are the skills the class will work to accomplish by the end of the session.
2. Can your child perform all skills at that level?
3. If so, advance to the next level.
4. If not, enroll in that class.

## PRESCHOOL AQUATICS : AGES 4-5

<p><b><u>Level 1</u></b>  <b><u>Orients children to the aquatic environment and helps them gain basic aquatic skills.</u></b></p> <ul style="list-style-type: none"> <li>-Enter and exit water using ladder, steps or side</li> <li>-Blow bubbles through mouth and nose</li> <li>-Submerge mouth, nose and eyes</li> <li>-Open eyes under water and retrieve submerged objects</li> <li>-Front and back glides and recover to a vertical position</li> <li>-Back float and recover to a vertical position</li> <li>-Roll from front to back and back to front</li> <li>-Tread with arm and hand actions</li> <li>-Alternating and simultaneous leg actions on front and back</li> <li>-Alternating and simultaneous arm actions on front and back</li> <li>-Combined arm and leg actions on front and back</li> </ul>	<p><b><u>Level 2</u></b>  <b><u>Helps children gain greater independence in their skills and develop more comfort in and around water.</u></b></p> <ul style="list-style-type: none"> <li>-Enter water by stepping in</li> <li>-Exit water using ladder, steps or side</li> <li>-Bobbing</li> <li>-Open eyes under water and retrieve submerged objects</li> <li>-Front and back floats and glides</li> <li>-Recover from a front or back float or glide to a vertical position</li> <li>-Roll from front to back and back to front</li> <li>-Tread water using arm and leg actions</li> <li>- Combined arm and leg actions on front and back</li> <li>-Finning arm action on back</li> </ul>	<p><b><u>Level 3</u></b>  <b><u>Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.</u></b></p> <ul style="list-style-type: none"> <li>-Enter water by jumping in</li> <li>-Fully submerge and hold breath</li> <li>-Bobbing</li> <li>-Front, jellyfish and tuck floats</li> <li>-Recover from a front or back float of glide to a vertical position</li> <li>-Back float and glide</li> <li>-Change direction of travel while swimming on front or back</li> <li>-Tread water using arm and leg actions</li> <li>-Combined arm and leg actions on front and back</li> <li>-Finning arm action on back</li> </ul>
--	---	--

\* If your child passes one level in Preschool Aquatics they can move up to the next progressive level. If your child is old enough to move to Learn to Swim classes and has passed Level 2 Preschool Aquatics they will be ready to enroll in Learn to Swim Level 2; if they pass Level 3 Preschool Aquatics they will be ready to enroll in Learn to Swim Level 3.

## LEARN TO SWIM LEVELS 1-6 : AGES 5 AND OLDER

<p><b><u>Level 1-Introduction to Water Skills</u></b>  <b><u>Helps participants feel comfortable in the water.</u></b></p> <ul style="list-style-type: none"> <li>-Enter and exit water using ladder, steps or side</li> <li>-Blow bubbles through mouth and nose</li> <li>-Bobbing</li> <li>-Open eyes under water and retrieve submerged objects</li> <li>-Front and back glides and floats</li> <li>-Recover to vertical position</li> <li>-Roll from front to back and back to front</li> <li>-Tread water using arm and hand actions</li> <li>-Alternating and simultaneous leg actions on front and back</li> <li>-Alternating and simultaneous arm actions on front and back</li> <li>-Combined arm and leg actions on front and back</li> </ul>	<p><b><u>Level 2-Fundamental Aquatic Skills</u></b>  <b><u>Gives participants success with fundamental skills.</u></b></p> <ul style="list-style-type: none"> <li>-Enter and exit water by stepping or jumping from the side</li> <li>-Fully submerge and hold breath</li> <li>-Bobbing</li> <li>-Open eyes under water and retrieve submerged objects</li> <li>-Front, jellyfish and tuck floats</li> <li>-Front and back glides and floats</li> <li>-Recover to vertical position</li> <li>-Roll from front to back and back to front</li> <li>-Change direction of travel while swimming on front or back</li> <li>-Tread water using arm and leg actions</li> <li>-Combined arm and leg actions on front and back</li> <li>-Finning arm action</li> </ul>	<p><b><u>Level 3-Stroke Development</u></b>  <b><u>Builds on the skills in Level 2 through additional guided practice in deeper water.</u></b></p> <ul style="list-style-type: none"> <li>-Enter water by jumping from the side</li> <li>-Headfirst entries from the side in sitting and kneeling positions</li> <li>-Bobbing while moving toward safety</li> <li>-Rotary breathing</li> <li>-Survival float</li> <li>-Back float</li> <li>-Change from vertical to horizontal position on front and back</li> <li>-Tread water</li> <li>-Flutter, scissor, dolphin and breaststroke kicks on front</li> <li>-Front crawl and elementary backstroke</li> </ul>
<p><b><u>Level 4-Stroke Improvement</u></b>  <b><u>Develops confidence in the skills learned and improves other aquatic skills.</u></b></p> <ul style="list-style-type: none"> <li>-Headfirst entries from the side in compact and stride positions</li> <li>-Swim under water</li> <li>-Feetfirst surface dive</li> <li>-Survival swimming</li> <li>-Front crawl and backstroke open turns</li> <li>-Tread water using 2 different kicks</li> <li>-Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly</li> <li>-Flutter and dolphin kicks on back</li> </ul>	<p><b><u>Level 5-Stroke Refinement</u></b>  <b><u>Provides further coordination and refinement of strokes.</u></b></p> <ul style="list-style-type: none"> <li>-Shallow-angle dive from the side then glide and begin a front stroke</li> <li>-Tuck and pike surface dives, submerge completely</li> <li>-Front flip turn and backstroke flip turn while swimming</li> <li>-Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly</li> <li>-Sculling</li> </ul>	<p><b><u>Level 6-Swimming &amp; Skill Proficiency</u></b>          Refines the stroke so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that focus on preparing participants for more advanced courses, including the Water Safety Instructor, or other aquatic activities, such as competitive swimming or diving.          Options include:          -Fitness Swimmer          -Personal Water Safety          -Fundamentals of Diving</p>