

NEED HELP CHOOSING THE CORRECT SWIMMING LESSON LEVEL?

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

Preschool Aquatics Program: Ages 3 – 4 years old

<p>Level 1: Orients children to the aquatic environment to help them gain basic skills.</p> <ul style="list-style-type: none"> ◆ Enter/exit water independently ◆ Submerge mouth, nose, eyes ◆ Back float with support for 3 seconds ◆ Front/back glide with support & recover ◆ Combined arm/leg action on front/back with support for 2 body lengths ◆ Blow bubbles ◆ Retrieve submerged objects ◆ Kicking on front/back with support ◆ Treading water arm action 	
<p>Level 2: Helps children gain greater independence and develop more comfort around the water.</p> <ul style="list-style-type: none"> ◆ Jump into chest deep water independently and perform 5 bobs ◆ Front float with assistance for 3 seconds ◆ Tread water for 15 seconds ◆ Front/back glide with assistance for 2 body lengths ◆ Combined arm/leg action on front/back with assistance for 3 body lengths ◆ Back float with assistance for 5 seconds ◆ Finning on back 	
<p>Level 3: Helps children gain basic swimming skills to be comfortable in and around the water.</p> <ul style="list-style-type: none"> ◆ Jump into shoulder deep water independently and submerge head ◆ 10 bobs ◆ Back float independently for 15 seconds ◆ Tread water for 30 seconds ◆ Front/back glide for 3 body lengths ◆ Combined arm/leg action on front and back for 5 body lengths ◆ Rotary breathing ◆ Front float independently for 10 seconds ◆ Jellyfish/Tuck floats for 10 seconds ◆ Finning on back for 5 body lengths 	

1. If your child passes one level in the Preschool Aquatic Program they can move up to the next level.
2. If your child is old enough to move to the Learn-to-Swim program and has passed Preschool Level 2, they will be ready to enroll in the Learn-to-Swim Level 2 course.
3. If they have passed Preschool Level 3, they will be ready to enroll in the Learn-to-Swim Level 3 course.

Learn-to-Swim Program: Ages 5 – 12 years old

<p>Level 1: Introduction to water skills helps students feel comfortable in the water.</p> <ul style="list-style-type: none"> ◆ Enter/exit water independently ◆ 5 Bobs ◆ Back float with assistance for 5 seconds ◆ Front/back glide with assistance & recover ◆ Combined arm/leg action on front/back independently for 2 body lengths ◆ Blow bubbles for 3 seconds ◆ Retrieve submerged objects ◆ Kicking on front/back with assistance ◆ Treading water arm action
<p>Level 2: Introduces students fundamental skills such as floating and kicking.</p> <ul style="list-style-type: none"> ◆ Jump into chest deep water independently ◆ Front float independently for 10 seconds ◆ Tread water for 15 seconds ◆ Rotary breathing independently 5 times ◆ Jellyfish/Tuck float independently for 10 seconds ◆ Combined arm/leg action on front/back with assistance for 5 body lengths ◆ Back float independently for 15 seconds ◆ Finning on back
<p>Level 3: Stroke development builds on the skills in Level 2 through additional guided practice in deeper water.</p> <ul style="list-style-type: none"> ◆ Jump into deep water ◆ Survival float for 30 seconds in deep water ◆ Change from vertical to horizontal position ◆ Scissor & breaststroke kicks for 15 yards ◆ Streamlined flutter and dolphin kick for 3 – 5 body lengths ◆ Front crawl & elementary backstroke for 15 yards ◆ Sitting & kneeling dives ◆ Rotary breathing 15 times ◆ Back float for 1 minute in deep water ◆ Tread water for 1 minute in deep water
<p>Level 4: Stroke improvement develops confidence and improves the previously learned skills while introducing turns and several new strokes.</p> <ul style="list-style-type: none"> ◆ Compact & stride dives ◆ Feet-first surface dive ◆ Front/Back crawl open turns ◆ Front crawl & elementary backstroke for 25 yards ◆ Breaststroke, Butterfly, Back crawl & Sidestroke for 15 yards ◆ Tread water for 2 minutes using 2 kicks ◆ Survival swimming for 1 minute
<p>Level 5: Stroke refinement provides further coordination of strokes while increasing endurance.</p> <ul style="list-style-type: none"> ◆ Shallow angle dive ◆ Front & back flip turns ◆ Front crawl. Elementary backstroke for 50 yards ◆ Breaststroke, Butterfly, Sidestroke & Back crawl for 25 yards ◆ Tuck & Pike surface dives ◆ Tread water for 5 minutes
<p>Level 6: Swimming & skill proficiency refines strokes so students swim with ease & efficiency over greater distances. This level is designed with “menu” options that focus on preparing students for more advanced courses. Options include: Fitness Swimmer, Personal Water Safety or Fundamentals of Diving.</p>

