

SWIMMING LESSONS LEVEL DEFINITIONS

Level 1: Introduction to Water Skills

The objective of Level 1 is to help students feel comfortable in the water and to enjoy water safety. Skills they will learn are submerge face, supported back and front float, supported front and back kick, and blowing bubbles. The students start to become familiar with the water.

****Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds****

Level 2: Fundamental Aquatic Skills

The objective of Level 2 is to give students success with fundamental skills. Skills they will learn are hold breath and fully submerge head, retrieve objects, orientation to deep water, back and front float, rhythmic breathing, flutter kicking, combined stroke arms and kick. The student starts to learn freestyle and backstroke.

****Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position. Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.****

Level 3: Stroke Development

The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice. The student will learn to coordinate the freestyle and backstroke and the fundamentals of treading water. They also will be introduced to butterfly and elementary backstroke.

****Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl 15 yards.****

Level 4: Stroke Improvement

The objective of Level 4 is to develop confidence in the strokes learned thus far and to improve other aquatic skills. The student will practice endurance with their familiar strokes: freestyle, backstroke, elementary backstroke, and the butterfly. They will also be introduced to breaststroke, sidestroke, diving, and the basics of turning at the wall.

****Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (floating or sculling) and swim elementary backstroke for 15 yards. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.****

Level 5: Stroke Refinement

The objective of Level 5 is coordination and refinement of key strokes. The students will continue to practice all strokes, diving, treading water, and turns. They will also be practicing their endurance with all of the strokes they have learned.

****Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.****

****Students must complete these exit skills to move to the next level.****