

Swim Lesson Level Descriptions

- Tiny-Tots:** This class is designed to orient children to the aquatic environment. Parents/ adults are not in the water for this class. Children will learn basic aquatic skills.
- Level 1:** Water adjustment, breath control & submerging, floating on front & back with support, swim on front & back - alternating arm action (5ft) with support, treading, retrieve submerged object.
- Level 2:** Enter water by stepping or jumping from the side, exit water using ladder or side, submerge entire head, open eyes underwater, pick up a submerged object, float on front and back, perform front and back glide, roll over from front to back, back to front, swim on side, swim on front and back using combined strokes, tread water, move in the water while wearing a life jacket.
- Level 3:** Jump into deep water from the side, dive from kneeling or standing position, submerge and retrieve an object, bob with the head fully submerged, use rotary breathing in horizontal position, perform front and back glide, perform survival float, perform front and back crawl, butterfly with kick and body motion, change from horizontal to vertical position on front and back.
- Level 4:** Perform standing dive, swim underwater, perform back float for 1 minute, perform, open turns on front and back using any stroke, tread water using sculling arm motion and kick, perform the front and back crawl, breaststroke, butterfly, elementary backstroke, swim on side, perform compact jump from a height while wearing a life jacket.
- Level 5:** Tread water with two different kicks, perform shallow dive and standing dive, swim underwater, glide two body lengths and begin any front stroke, perform flip turn, learn survival swimming.
- Level 6:** Front and back crawl (100 yds.), butterfly (50 yds.), breaststroke (50 yds.), elementary backstroke (50 yds.), sidestroke (50 yds.)