

SWIM LESSONS

Level 1

Introduction to Water Skills



- * **Must be 4 years old**

- ◆ **Water Adjustment**
 - ◆ Bob 5 times: fully submerging
 - ◆ Blow bubbles for 3 seconds
 - ◆ Open eyes and retrieve object, 2 times

- ◆ **Buoyancy and Breath Control:**
 - ◆ Experience Buoyancy-bounce up and down in chest deep water, maintaining an upright position for 10 bounces
 - ◆ Introduction to treading
 - ◆ Back float (supported) for 5 seconds

- ◆ **Water Entry and Exit:**
 - ◆ Enter and exit water independently using a ladder, ramp steps or side of pool

- ◆ **Locomotion:**
 - ◆ Move through water comfortably-walk 5 yards in chest deep water, maintaining balance
 - ◆ Supported kick on front and back for 2 body lengths
 - ◆ Supported alternating and simultaneous arm action for 2 body lengths

- ◆ **Personal Safety and Rescue:**
 - ◆ Learn basic water safety rules – importance of safety
 - ◆ Familiarity with getting help, call 911
 - ◆ Responsibility in the sun
 - ◆ Wear life jacket

SWIM LESSONS

Level 2

Fundamental Aquatic Skills



* **Must have previous water experience**

◆ **Water Adjustment:**

- ◆ Hold breath and fully submerge head for 10 seconds
- ◆ Submerge and retrieve object-in chest deep water, 3 times
- ◆ Orientation to deep water – explore deep water with support

◆ **Buoyancy and Breath Control:**

- ◆ Glide on front and back, 2 body lengths
- ◆ Front float, Jellyfish float, and Tuck float, 10 seconds
- ◆ Recover from float position to a vertical position
- ◆ Rhythmic breathing with or without support for 5 times
- ◆ Back float, 15 seconds
- ◆ Tread water (shoulder deep), 15 seconds

◆ **Water Entry and Exit:**

- ◆ Step from side into chest deep water and recover to a vertical position
- ◆ Get out at side of pool

◆ **Locomotion:**

- ◆ Flutter kick on front and back – 5 body lengths
- ◆ Front crawl arm action – 5 body lengths
- ◆ Back crawl arm action – 5 body lengths
- ◆ Using kick and choice of arm movement- 5 yards

◆ **Personal Safety and Rescue:**

- ◆ Life Jackets (Don't Just Pack It, Wear Your Jacket)
 - ◆ Reaching and extension assist from deck (Reach or Throw, Don't Go)
 - ◆ Safe entries (Look Before You Leap)
 - ◆ Water awareness (Think So You Don't Sink, Too Much Sun is No Fun)
 - ◆ Recognizing an emergency, How to call for help, staying safe around water
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SWIM LESSONS

Level 3

Stroke Development



- ◆ **Water Adjustment:**
 - ◆ Retrieve object, eyes open without support – from bottom of pool in chest deep water

- ◆ **Buoyancy and breath Control:**
 - ◆ Bob, submerge head completely- 15 times
 - ◆ Back float, 1 minute

- ◆ **Water Entry and Exit:**
 - ◆ Jump into deep water, submerge, return to the side
 - ◆ Dive from side of pool in compact position

- ◆ **Locomotion:**
 - ◆ Streamlining (glides) – front and back, 2 body lengths
 - ◆ Front crawl with rotary breathing, 25 yards
 - ◆ Back crawl, 15 yards
 - ◆ Elementary backstroke, 25 yards
 - ◆ Breaststroke and scissors kick, 15 yards

- ◆ **Turns:**
 - ◆ Reverse direction while swimming on front and on back
 - ◆ Reverse direction while treading and floating (vertical to horizontal)

- ◆ **Personal Safety and Rescue:**
 - ◆ Learn safe diving rules – Look Before You Leap
 - ◆ Tread water, 1 minute
 - ◆ Survival Float, 30 seconds
 - ◆ Reach or Throw, Don't Go

SWIM LESSONS

Level 4

Stroke Improvement



* **Must have completed prior water classes through Level 3**

◆ **Buoyancy and Breath Control:**

- ◆ Deep – water bobbing
- ◆ Experiment with buoyancy and floating position
- ◆ Rotary breathing
- ◆ Swim underwater, 3 to 5 body lengths

◆ **Water Entry and Exit:**

- ◆ Dive from side of pool

◆ **Locomotion:**

- ◆ Elementary backstroke, 25 yards
- ◆ Sculling on back, 5 yards
- ◆ Front crawl, 25 yards
- ◆ Back crawl, 15 yards
- ◆ Sidestroke, 15 yards
- ◆ Breaststroke, 15 yards
- ◆ Butterfly, 15 yards

◆ **Turns:**

- ◆ Introduction to open turns
- ◆ Introduction to kicks off wall – flutter, dolphin

◆ **Personal Safety and Rescue:**

- ◆ Tread water with variety of kicks, 2 minutes
- ◆ Survival swimming, 1 minute
- ◆ Feetfirst surface dive
- ◆ Reach or Throw, Don't Go
- ◆ Think Before You Sink
- ◆ Look Before You Leap

SWIM LESSONS

Level 5

Stroke Refinement

* **Must have completed prior water classes through Level 4**

◆ **Breath Control Submerging:**

- ◆ Tuck and Pike surface dive, submerging completely
- ◆ Shallow-angle dive from side

◆ **Water Entry and Exit:**

- ◆ Glide two body lengths and begin any front stroke

◆ **Locomotion:**

- ◆ Tread water - 5 minutes
- ◆ Tread water, legs only – 2 minutes
- ◆ Front Crawl - 50 yards
- ◆ Breaststroke - 25 yards
- ◆ Butterfly - 25 yards
- ◆ Elementary Backstroke - 50 yards
- ◆ Back Crawl - 25 yards
- ◆ Sidestroke - 25 yards

◆ **Turns:**

- ◆ Front flip turn while swimming
- ◆ Backstroke flip turn while swimming
- ◆ Glide 2 to 3 body lengths, turn and begin stroke

◆ **Personal Safety and Rescue:**

- ◆ How to call for help, 911
- ◆ Reach or Throw, Don't Go
- ◆ Look Before You Leap
- ◆ Water Illnesses
- ◆ Skull, 30 seconds

SWIM LESSONS

Level 6

Personal Water Safety/Fitness Swimmer

* **Must have completed prior water classes through Level 5**

◆ **Strokes:**

- ◆ Front crawl- 100 yards
- ◆ Elementary backstroke - 100 yards
- ◆ Back crawl- 50 yards
- ◆ Breaststroke - 50 yards
- ◆ Sidestroke - 50 yards
- ◆ Butterfly - 50 yards
- ◆ Circle swim

◆ **Turns:**

- ◆ Front crawl and Backstroke open turn
- ◆ Front flip turn
- ◆ Backstroke flip turn
- ◆ Sidestroke turn
- ◆ Breaststroke turn

◆ **Diving:**

- ◆ Surface dive – feet first
- ◆ Tuck and Pike dive
- ◆ Surface dive and retrieve object from bottom of pool

◆ **Treading:**

- ◆ Tread (kick only) - 2 minutes

◆ **Personal Safety and Rescue**

- ◆ HELP/HUDDLE position – 2 minutes
- ◆ Survival swimming, 10 minutes
- ◆ Survival float, 5 minutes
- ◆ Back float, 5 minutes
- ◆ Boat Safety