

## Level Descriptions

**Suggested Min Age for Levels 2-6: 5** (Child must be able to follow instructions and enter/ exit the water independently.)

<p style="text-align: center;"><b>Level 1: Water Exploration NEW CLASS!!</b> <b>Parent &amp; Child Class</b> <b>Ages 2.5+, Child must be toilet trained \$50/Session</b> 30 min class to provide a fun and exciting intro to swimming and basic water safety. <b>Parent or Guardian expected to participate with child</b></p> <p><b>Purpose:</b> To help students feel comfortable in the water and to enjoy water safely.</p> <p><b>Topics Covered:</b></p> <ul style="list-style-type: none"> <li>• Understand the basic water safety rules</li> <li>• Know how to get help</li> <li>• Enter and exit water independently</li> <li>• Fully submerge face for 3 seconds</li> <li>• Blow bubbles through the mouth and nose</li> <li>• Bounce in chest-deep water (bob) to chin level 10 times</li> <li>• Walk 5 yards in chest-deep water, maintaining balance</li> <li>• Float, while supported, on front &amp; back</li> <li>• Kick, while supported, on front &amp; back</li> <li>• Practice basic alternating arm action</li> </ul> <p><b>Final Assessment:</b></p> <ol style="list-style-type: none"> <li>1. Enter independently, using either the ladder, steps, or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk or “swim.”)</li> <li>2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)</li> </ol>	<p style="text-align: center;"><b>Level 2: Fundamental Aquatic Skills</b> <b>Suggested Min Age 5</b> (Child must be able to follow instructions and enter and exit the water independently.)</p> <p><b>Purpose:</b> Expand on fundamental aquatic locomotion and safety skills.</p> <p><b>Topics Covered:</b></p> <ul style="list-style-type: none"> <li>• Enter the water by jumping into shoulder deep water</li> <li>• Hold breath and fully submerge head for 5 seconds</li> <li>• Explore deep water, with floatation support</li> <li>• Submerge to retrieve object in chest-deep water</li> <li>• Float or glide on front, unsupported, for 5 seconds</li> <li>• Float or glide on back, unsupported, for 15 seconds</li> <li>• Perform flutter kick on front &amp; back (support optional)</li> <li>• Turn over from front to back and back to front</li> <li>• Float on back while finning with hands</li> <li>• Practice back crawl arm action</li> <li>• Perform combined (kick &amp; arms) stroke front, 5 yards</li> <li>• Perform combined (kick &amp; arms) stroke back, 5 yards</li> <li>• Review water safety topics</li> </ul> <p><b>Final Assessment:</b></p> <ol style="list-style-type: none"> <li>1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.</li> <li>2. Move into a back float for 5 seconds, roll to front then recover to a vertical position.</li> <li>3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)</li> </ol>
<p style="text-align: center;"><b>Level 3: Stroke Development</b> <b>Purpose:</b> Increase swimming skill competency by building on skills from Level</p> <p><b>Topics Covered:</b></p> <ul style="list-style-type: none"> <li>• Enter water by jumping into deep water</li> <li>• Practice entering water headfirst (in water at least 9 ft deep)</li> <li>• Bob in water slightly over head to travel to safe area</li> <li>• Perform 15 bobs in chest-deep water</li> <li>• Do Front Crawl, 15 yards</li> <li>• Do back crawl, 10 yards</li> <li>• Do elementary backstroke kick, 15 yards</li> <li>• Tread water for 30 seconds</li> <li>• Reverse direction while swimming on back</li> <li>• Coordinate arm stroke for front crawl while breathing to the front or side, 10 yards</li> <li>• Perform front glide with push-off, 2 body lengths</li> <li>• Perform back glide with push-off, 2 body lengths</li> <li>• Reverse direction while swimming on front</li> </ul> <p><b>Final Assessment:</b></p> <ol style="list-style-type: none"> <li>1. Jump into deep water from the dock, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.</li> </ol>	<p style="text-align: center;"><b>Level 4: Stroke Improvement</b> <b>Purpose:</b> Develop confidence and competency in strokes and improve skills learned; introduce breaststroke and sidestroke.</p> <p><b>Topics Covered:</b></p> <ul style="list-style-type: none"> <li>• Both headfirst and feet first diving off of the far dock (9+ ft. deep)</li> <li>• Swim underwater 3-5 body lengths</li> <li>• Practice deep water bobbing</li> <li>• Experiment with buoyancy and floating position</li> <li>• Practice treading water with a modified scissors, modified breaststroke and/or rotary kicks (2 minutes)</li> <li>• Front crawl, 25 yards with rotary breathing</li> <li>• Back crawl, 15 yards</li> <li>• Elementary backstroke, 25 yards</li> <li>• Sidestroke 15 yards</li> <li>• Breaststroke, 15 yards</li> <li>• Butterfly 15 yards</li> </ul> <p><b>Final Assessment:</b></p> <ol style="list-style-type: none"> <li>1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.</li> <li>2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.</li> </ol>
<p style="text-align: center;"><b>Level 5: Stroke Refinement</b> <b>Purpose:</b> Continue stroke refinement; introduce butterfly</p> <p><b>Topics Covered:</b></p> <ul style="list-style-type: none"> <li>• Shallow angle dive, glide 2 body lengths and begin any stroke</li> <li>• Surface dives</li> <li>• Continue refinement of front crawl, back crawl, elementary backstroke, breaststroke and sidestroke</li> <li>• Swim under water 3 body lengths</li> <li>• Tread water 2 minutes with 2 different kicks</li> <li>• Front crawl, 50 yards</li> <li>• Elementary Backstroke, 50 yards</li> <li>• Back crawl, 25 yards</li> <li>• Sidestroke, 25 yards</li> <li>• Breaststroke, 25 yards</li> <li>• Butterfly, 25 yards</li> </ul> <p><b>Final Assessment:</b></p> <ol style="list-style-type: none"> <li>1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.</li> <li>2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.</li> </ol>	<p style="text-align: center;"><b>Level 6: Swimming and Skill Proficiency</b> <b>Purpose:</b> Develop maximum efficiency and endurance for strokes.</p> <p><b>Topics Covered:</b></p> <ul style="list-style-type: none"> <li>• Front Crawl, 100 yards</li> <li>• Back Crawl, 50 yards</li> <li>• Elementary Backstroke, 100 yards</li> <li>• Breaststroke, 50 yards</li> <li>• Sidestroke, 50 yards</li> <li>• Butterfly, 50 yards</li> <li>• Turns while swimming</li> <li>• Surface Dives and retrieving objects 7-10 feet deep</li> <li>• Back float, 5 minutes</li> <li>• Tread water for 3 minutes, 1 minute without hands, 2 minutes with hands</li> </ul> <p><b>Final Assessment:</b></p> <ol style="list-style-type: none"> <li>1. Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke.</li> <li>2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.</li> <li>3. Perform a feet first surface dive, retrieve an object from the bottom of the pool at a depth of 7–10 feet, and return to starting point..</li> </ol>