

Swim Lesson Level Description

The following is a guide to enrollment levels. Skills will be assessed on the first day of lessons and students will be moved when possible.

WATER BABIES: Best age is 6 to 32 months. Learned skills will include adaptation and exploration of the aquatic environment, pool entry and exit, breath control, self-righting, independent flotation, kicking and safety. Child must be accompanied by an adult in the pool. An instructor is in the water introducing the skills that are then practiced by the adult and child attending the class.

LEVEL ONE Beginner: (Ages 3-5) No prior lessons necessary, but child must be ready and able to cooperate independently of parent and engage in group pool activities with an instructor. The class will be taught from a platform and move at a pace to accommodate younger children. Through fun activities children will have a basic introduction to swimming, including breath control, flotation, retrieval of objects, streamline kicking front and back. The primary objective of the class is for children to gain both comfort and confidence in the water, learning the skills necessary to self-rescue in case of a water emergency.

LEVEL ONE ADVANCED: (Ages 5+ or passage from Level 1 Beginner class) This class is intended for children that are already comfortable in the water and have gained the confidence to begin working independent of the instructor. Introduction to swimming, including breath control, flotation, retrieval of objects, streamline kicking front and back, freestyle will be taught.

LEVEL TWO: Entry includes ability to float, kick in streamline front and back 6 ft. independent of the instructor and accurately demonstrate freestyle. Introduction to backstroke, technical improvement in freestyle, sitting dives, kneeling dives and object retrieval from a depth of 4 ft will be learned.

LEVEL THREE: Must have mastered skills in freestyle swimming with the ability to swim freestyle at least 9 ft. and swim backstroke 9 ft. Basic introduction to side breathing in freestyle stroke and technical improvement in backstroke, introduction to treading water and standing dives.

LEVEL FOUR: Entry skills required are ability to swim 25 yards of freestyle, backstroke and streamline on back. Will master breathing skills in freestyle, swim backstroke correctly, tread water for 2 minutes, retrieve objects from depth of 7ft. to 13ft. Introduction of starts from the swim blocks, butterfly kick and breaststroke kick. Possible introduction to breaststroke and butterfly arms, as well as flip turns. By the completion of level 4 the swimmer should be able to swim 50 yards of freestyle and backstroke proficiently, with adequate form, and without stopping.