

Swim Lesson Level Guideline Information

Commonly Asked Questions:

Which level is right for my child? Choose the Learn to Swim level that best matches your child's "learn to swim" needs. Level 1 is for beginners with little or no experience in the water. To enroll in levels 2-6, students must have successfully completed the previous level, including all exit skill requirements.

PLEASE NOTE: ALL CHILDREN WILL BE ASSESSED ON THE FIRST DAY OF CLASS AND MAY BE MOVED TO A DIFFERENT LEVEL AND TIME IF SPACE IS AVAILABLE.

Parent and Child Aquatics

Builds basic water safety skills for both parents and children, helping infants and young children ages 12 months – 3 years become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water.

Parent and Child level 1 (Age 12 months to 2 years with parent)

Introduces basic skills to parents and children, including safety topics.

Parent and Child level 2 (Age 2 years – 3 years with parent)

Builds on the skills introduced in Parent and Child level 1, with participants improving these skills and learning more advanced skills.

Learn-to-Swim

Based on a logical, six-level progression that helps swimmers of all ages and varying abilities develop their swimming and water safety skills. It is designed to give participants a positive learning experience. Each level of Learn-to-Swim includes training in basic water safety and helping a swimmer in distress, in addition to the skills outlined below:

Level 1_Introduction to Water Skills (Must be age 4 by the first day of class)

Purpose: Helps students feel comfortable in the water.

Level 1 participants learn to:

Enter and exit water safely Submerge mouth, nose and eyes Exhale underwater through mouth and nose
Open eyes underwater, pick up submerged object Float on front and back Explore arm and hand movements
Swim on front and back using arm and leg actions Follow basic water safety rules Use a life jacket

Level 1 Exit Skills Assessment: 1) Enter unassisted, move 5 yds, bob 5 times to chin level, safely exit water; 2) Float on front w/support for 3 seconds, assisted roll to back, assisted float on back for at least 3 seconds.

Level 2_Fundamental Aquatic Skills (Must have completed Kindergarten)

Purpose: Gives students success with fundamental skills.

Level 2 participants learn to:

Enter water by stepping or jumping from the side Exit water safely 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 using arm and leg motions
Move in the water while wearing a life jacket

Level 2 Exit Skills Assessment: 1) Without assistance, step from side into chest-deep water, move into front float for 5 seconds, roll over to a back float, return standing position, then move to back float for 5 seconds and return to a standing position; 2) Push off & 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 (Must have successfully completed level 2)

Purpose: Builds on the skills in Level 2 through additional guided practice.

Level 3 participants learn to:

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—kick and body motion
Perform the HELP and Huddle position Perform a reaching assist Use Check-Call-Care in an emergency
Change from horizontal to vertical position on front and back

Level 3 Exit Skills Assessment: 1) Jump into chest-deep water from the side, swim front crawl for 15 yards w/face in the water breathing (to front to side), maintain position by treading or floating for 30 seconds, back crawl for 15 yards.

Level 4_Stroke Improvement (Must have successfully completed level 3)

Purpose: *Develops confidence in the skills learned and improves other aquatic skills.*

Level 4 participants learn to:

Perform shallow dive or dive from stride position Swim underwater Perform feet-first surface dive
Perform open turns on front and back using any stroke Tread water using sculling arm motions and kick
Perform the following:
• *Front and back crawl • Breaststroke • Butterfly*
• *Elementary backstroke • Swim on side using scissors-like kick*
Use safe diving rules Perform compact jump into water from a height while wearing a life jacket
Perform a throwing assist Care for conscious choking victim

Level 4 Exit Skills Assessment: 1) Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards. 2) Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

Level 5_Stroke Refinement (Must have successfully completed level 4)

Purpose: *Provides further coordination and refinement of strokes. Level 5 participants learn to:*

Tread water with two different kicks Learn survival swimming Perform rescue breathing
Perform the following:
• *Standing dive • Shallow dive, glide two body lengths and begin any front stroke*
• *Tuck surface dive • Pike surface dive • Front flip turn*
• *Backstroke flip turn • Front and back crawl • Butterfly*
• *Breaststroke • Elementary backstroke • Sidestroke*

Level 5 Exit Skills Assessment: 1) 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: 2) Swim backstroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

Level 6_Swimming and Skill Proficiency (Must have successfully completed level 5 and must have completed grade 6)

Purpose: *Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed to help focus on preparing students to participate in more advanced courses, including the Personal Water Safety, Fitness Swimmer and Fundamentals of Diving courses.*

Our course will focus on Personal Water Safety, and the Fitness Swimmer. Level 6 will include the following endurance skills and turns: Front and back crawl 100 yards; Breaststroke 50 yards; sidestroke and butterfly 50 yards; elementary backstroke 50 yards; all open turns and flip turn while using swimming strokes.

Level 6 Exit Skills Assessment: For each option, a specific set of exit skill assessments are given, but all will require a continuous, 500 yard swim.