



## Youth Swim Lesson Level Descriptions:

**Parent Child:** This course builds the basic water safety skills for both parents and children, helping infants and young children ages 6 months to 3 years old become comfortable in the water. This will help them become willing and ready to learn to swim. These basic skills include adjusting to the water environment, learning comfort while maintaining a front and back position in the water, and demonstrating breath control. Including blowing bubbles or voluntarily submerging under water.

**Preschool:** This course gives young children, about ages 4 to 5 years old, a positive and developmentally appropriate aquatic learning experience. This course emphasizes water safety, survival and the foundational swimming concepts. Skills are designed and taught in an age appropriate way, that helps participants achieve success on a regular basis, while in a class environment with their peers.

**Learn to Swim Levels:** The Learn to Swim program is based on a logical five-level progression that will help your child, ages 5 years to 13 years of age, develop their water safety, survival and swimming skills. All of our courses are designed in an age appropriate manner to help participants be successful and have a positive learning experience.

### Level 1 (Introduction to water skills):

- Enter and exit the water using ladder, steps or side
- Blow bubbles through the mouth and nose
- Bobbing
- Opening the eyes under water and retrieve submerged objects
- Front and back glides and back floating
- Recovering to a vertical position from a front glide and back float or glide
- Rolling from the front to the back and the back to the front
- Treading water using arm and hand actions
- Alternating and simultaneous leg actions on the front and on the back
- Alternating and simultaneous arm actions on the front and on the back
- Combined arm and leg actions on the front and on the back
- Age appropriate water safety skills

## **Level 2 (Fundamental Aquatic Skills):**

- Enter the water by stepping or jumping from the side of the pool
- Exiting the water using the ladder, steps and from the side of the pool
- Fully submerging and being able to hold breath under the water
- Bobbing
- Front float, jellyfish float, and the tuck float
- Front and back glides and back floating
- Being able to roll from the front to the back and the back to the front
- Being able to change direction of travel while swimming on the front and on the back
- Treading water using both arm and leg actions
- Combining arm and leg actions on both the front and the back
- Finning and sculling arm action on the back
- Age appropriate water safety skills

## **Level 3 (Stroke Development):**

- Enter the water by jumping from the side of the pool
- Headfirst entries from the side of the pool in a sitting and kneeling positions
- Bobbing while moving toward safety
- The initial stages of learning rotary breathing
- Survival floating
- Back floating
- The ability to change from a vertical to horizontal position on the front and on the back
- Treading water
- Pushing off in a streamlined position and then beginning to flutter and dolphin kick on the front
- Front crawl and elementary backstroke
- Learning the scissors kick
- Age appropriate water safety skills

#### **Level 4 (Stroke Improvement):**

- Headfirst entries from the side of the pool in a compact and stride positions
- Being able to swim underwater
- Learning the feet first surface dive
- Survival swimming
- Front crawl and back crawl open turns
- Treading water using 2 different kicking methods
- Front and back crawl, elementary backstroke, breaststroke, sidestroke, and the beginnings of butterfly
- Push off in a streamlined position and then beginning flutter and dolphin kicks on the back
- Age appropriate water safety skills

#### **Level 5 (Stroke Refinement):**

- Learning the shallow-angle dive from the side of the pool
- Learning the shallow-angle dive from the side of the pool and then gliding and beginning a front crawl stroke
- Learning the tuck and pike surface dives
- Learning front crawl and back crawl flip turns while swimming
- Treading water
- Front crawl, back crawl, elementary backstroke, breaststroke, sidestroke, and the butterfly
- Sculling and water survival skills
- Age appropriate water safety skills