

SWIM LEVEL GUIDE

Below is a list of some of the skills that will be *taught* in each swim level. Read the descriptions to help you decide which class level will be best for your child. **Keep in mind that if your child is not in the correct class, we will make any necessary adjustments on Days 1 and 2.** If you are having trouble deciding between two levels, we *might suggest* that you choose the lower level as it's much easier on the ego to be moved up a level than it is to be moved back a level.

LEVEL 1 – WATER EXPLORATION

- ◆ Fully submerge face
- ◆ Kick while on back, fully supported
- ◆ Kick while on front, fully supported
- ◆ Walk 5 yards in chest-deep water, alternating arms
- ◆ Float on front, fully supported
- ◆ Float on back, fully supported
- ◆ Blow bubbles into water
- ◆ Put on life jacket and enter shallow water
- ◆ Enter and exit water independently using ladder, ramp or steps

LEVEL 2 – PRIMARY SKILLS

- ◆ Hold breath and fully submerge head for 3 seconds
- ◆ Step from side into chest-deep water, recover to a vertical position
- ◆ Get out of the side of the pool
- ◆ Float on back, unsupported
- ◆ Rhythmic breathing
- ◆ Orientation to deep water
- ◆ Flutter kick on front
- ◆ Flutter kick on back
- ◆ Back crawl arm action
- ◆ Combined stroke from front, using kick and alternating arm action
- ◆ Turn over from front to back
- ◆ Float in life jacket with face out of water
- ◆ Retrieve objects under water

LEVEL 3 – STROKE READINESS

- ◆ Retrieve objects under water with eyes open, no support
- ◆ Bob, submerging head completely
- ◆ Dive from side of pool from kneeling position
- ◆ Tread water
- ◆ Jump into deep water with life jacket on
- ◆ Reverse direction while swimming on back
- ◆ Coordinate arm stroke for front crawl with breathing to the side
- ◆ Prone glide with push-off
- ◆ Supine glide with push-off
- ◆ Reverse direction while swimming on front
- ◆ Elementary back stroke
- ◆ Jump into deep water from side of pool