

Swim Lesson Levels - Descriptions and Skills

Level 1 Swim Lesson: Starfish

The objective of Level 1 is to help students feel comfortable in the water and enjoy the water safely. The student learns elementary swimming skills including water adjustment, buoyancy, breath control, water entry and exit, and personal safety. The goal of this class is to complete the following skills:

- ___ Enter and exit water safely
- ___ Fully submerge face-3 seconds
- ___ Hold breathe and fully submerge head with or without support
- ___ Front float with support
- ___ Back float with support
- ___ Blowing bubbles
- ___ Kicking on front with support
- ___ Kicking on back with support
- ___ Walk in chest deep water alternating arms
- ___ Bounce up and down in chest deep water -5x

Safety Skills

- ___ Safety Awareness Skills
- ___ How to get help
- ___ Put on a lifejacket on deck and enter shallow water

Level 2 Swim Lesson: Jellyfish

The objective of Level 2 is to give students success with fundamental skills. Students learn to float and glide on the front and back without support and are introduced to the arm action and kicking of the crawl stroke. The goal is to complete the following skills:

- ___ Hold breathe & fully submerge head for 5+ seconds
- ___ Bob 5 times with head fully submerged
- ___ Retrieve objects at arm's length away
- ___ Flutter kick on front
- ___ Flutter kick on back
- ___ Front float unsupported - 5 seconds
- ___ Back float unsupported -5 seconds
- ___ Front glide in streamline w/ or w/o assistance – 2 body-lengths
- ___ Back glide w/ hands at side w/ or w/o assistance – 2 body-lengths
- ___ Flutter kicking and winging on back and/or elementary backstroke arms
- ___ Stroking and kicking on front (4 arm strokes with kicking & face in water)
- ___ Roll over from front to back
- ___ Orientation to deep water
- ___ Sitting Dive

Safety Skills

- ___ Safety Awareness Skills
- ___ How to recognize a swimmer in distress
- ___ How to get help
- ___ Wearing a life jacket in deeper water

Level 3 Swim Lesson: Goldfish

The objective of level 3 is to build on the skills in Level 2 by providing additional guided practice. Students will learn to coordinate the crawl stroke with side breathing, backstroke, introduction to elementary backstroke, treading water, diving and safety rules. The goal is to complete the following skills:

- ___ Retrieve object, eyes open, no support
- ___ Bob 10 times with head fully submerged in chest deep water
- ___ Front glide with push off in streamline
- ___ Back glide with push off, hands at side
- ___ Streamline kicking on front (3-5 body lengths)
- ___ Streamline kicking on back with support (3-5 body lengths)
- ___ Coordinate arm strokes and kicking with breathing to the side (10 yards)
- ___ Coordinate Backstroke (10 yards)
- ___ Intro to Elementary Backstroke (arms/legs)
- ___ Jump into deep water from poolside, change direction & recover to safety
- ___ Kneeling dive from side of pool
- ___ Treading water (30 seconds)

Safety Skills

- ___ Safety Awareness Skills including diving
- ___ H.E.L.P in deep water with lifejacket
- ___ Reaching assist to a distressed victim

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Level 4 Swim Lesson: Seahorse

The objective of level 4 is to develop confidence in strokes learned thus far and improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (elementary back, freestyle, back stroke) for greater distances than in level 3. Students will also have an introduction to Breaststroke and dolphin kick. The goal is to complete the following skills:

- ___ Deep water bobbing
- ___ Stride dive from a standing position
- ___ Streamline kicking on front with pop up
- ___ Streamline kick on back
- ___ Freestyle with side breathing across width of pool (12.5 yards)
- ___ Backstroke across width of pool (12.5 yards)
- ___ Elementary Backstroke (coordinate arms and legs)
- ___ Intro to Breaststroke (arms/legs).
- ___ Intro to dolphin kick
- ___ Swim underwater and retrieve object in deep end
- ___ Jump from side of pool into deep water, recover and swim for 10 yards
- ___ Tread water (45 sec.)

Safety Skills

- ___ Safety Awareness Skills
- ___ HELP position with a lifejacket
- ___ Throwing assists for drowning and distressed victims

Level 5 Swim Lesson: Dolphin

The objective in Level 5 is coordination and refinement of key strokes. Students will perform the breaststroke and increase distances in the freestyle, backstroke and elementary backstroke. Students will be introduced to alternate side breathing and flip turns. The goal is to complete the following skills:

- ___ Shallow racing dive
- ___ Swim underwater in deep end (3-5 body lengths)
- ___ Freestyle with alternate side breathing
- ___ Freestyle (25 yards)
- ___ Backstroke (25 yards)
- ___ Elementary Backstroke across width of pool (12.5 yards)
- ___ Breaststroke (10 yards, coordinated stroke)
- ___ Intro to Butterfly (arms/legs)
- ___ Tread water (1 Minute)
- ___ Intro to flip turns
(forward somersault while swimming)

Safety Skills

- ___ Safety Awareness Skills
- ___ Put on a life jacket tossed as a lifesaving measure in deep water
- ___ Huddle position with a lifejacket
- ___ Survival float (30 sec.)
- ___ Throwing assists for drowning or distressed victims

Level 6: Orca/Pre-Swim TEAM

The objective of level 6 is to improve technique and develop endurance in the 4 competitive strokes. Students swim with more ease, efficiency, power and smoothness over greater distances. They learn introductory swim team drills as well as skills. The goal is to complete the following skills:

- ___ Swim 8 minutes non-stop with any combination of strokes.
- ___ 50 yards of freestyle, breathing every 3rd stroke
- ___ 50 yards of backstroke
- ___ 25 yards of breaststroke
- ___ 25 yards elementary backstroke
- ___ 12.5 yards of coordinated butterfly
- ___ Freestyle Flip turn
- ___ Kicking on side (right and left)
- ___ Simple freestyle drills (1 arm and catch-up)
- ___ Simple Backstroke drills (no arm, 6 kick and switch)
- ___ Treading water (90 Seconds)
- ___ Racing dive

Safety/Lifeguard Skills

- ___ Back float 2 minutes
- ___ Survival Float 1 minute
- ___ Lifeguard Stride jump
- ___ Retrieve a 10-pound block at the bottom of the pool 7-10 ft deep.