

# Swim Level Guide

## Water Babies (6-18mo.)

Parents and babies will explore introductory swim skills, basic swimming strokes and water safety. Parents will experience swimming with their student as well as be introduced to lifejackets. An instructor led class where parents learn to positively interact with their child in the water through swimming skill development and water play.

**Safety Topic:** submersion - 1-2x per week

## Aqua Tots (18mo.-3 years)

Parents and Tots will explore introductory swim skills, basic swimming strokes and water safety. Parents will experience swimming with their student as well as be introduced to lifejackets. An instructor led class where parents learn to positively interact with their child in the water through swimming skill development and water play.

**Safety Topic:** ask permission

## Preschool Water Exploration

**Goals:** safe entries/exits, submersion, front and back floats, blowing bubbles, and basic swim strokes. All skills will be taught and completed with instructor assistance.

**Safety Topic:** ask permission, adult supervision, never swim alone, learn how 911 works and why

## Preschool Level 1

**Prerequisite Skills:** complete Preschool Water Exploration

**Goals:** safe entries/exits, blowing bubbles, submersion, front and back floats, roll from front to back, introduction to deep water, and basic swim strokes

**Safety Topics:** asking permission, adult supervision, never swim alone, and getting an adult for help

## Preschool Level 2

**Prerequisite Skills:** comfortable in water, submerge full face, and float on front and back

**Review:** blowing bubbles, floating, basic swim strokes

**Goals:** in water recovery from floats and swimming, introduction to freestyle with rotary breathing, backstroke, elementary backstroke arms, and sitting/kneeling dives

**Safety Topics:** asking permission, adult supervision, never swim alone, getting an adult for help and calling 911

## Youth Level 1

**Goals:** safe entries/exits, blowing bubbles, submersion, front and back floats, roll from front to back, introduction to deep water, and basic swim strokes

**Safety Topics:** asking permission, adult supervision, never swim alone, and getting an adult for help

## Youth Level 2

**Prerequisite Skills:** comfortable in water, submerge full face, and float on front and back

**Review:** blowing bubbles, floating, basic swim strokes

**Goals:** in water recovery from floats and swimming, introduction to freestyle with rotary breathing, backstroke, elementary backstroke arms, and sitting/kneeling dives

**Safety Topics:** asking permission, adult supervision, never swim

## Youth Level 3

**Prerequisites:** comfortable in the water, front and back floats, elementary backstroke arms, introduced to deep water

**Review:** freestyle with rotary breathing, backstroke, elementary backstroke arms, and diving

**Goals:** swimming without flotation devices, freestyle, backstroke, whip kick, elementary backstroke, flip turns, treading water, and sitting/kneeling/standing dives

**Safety Topic:** asking permission, adult supervision, never swim alone, life jacket safety, boating, nutrition

## Youth Level 4

**Prerequisites:** swim freestyle and backstroke for 15 yards, swim underwater, tread water and diving

**Review:** freestyle, backstroke, whip kick, elementary backstroke, and flip turns

**Goals:** swim 25 yards continuously, feet first surface dives, breaststroke, dolphin kick, butterfly arms, butterfly stroke as well as refine freestyle, backstroke, elementary backstroke, and kneeling/standing dives

**Safety Topic:** asking permission, adult supervision, never swim alone, and entry in unknown depths, and boating

## Youth Level 5

**Prerequisites:** swim 25 yards continuously, freestyle, backstroke, breaststroke, jumping into deep water, and tread water for 1 minute

**Review:** all strokes and turns for each, diving

**Goals:** endurance, swim continuously for 50 yards, butterfly, head first surface dives, tread water for 2 minutes, introduction to side stroke, and long, shallow standing dives

**Safety Topics:** asking permission, adult supervision, buddy system/never swim alone, entry into unknown depths, boating

## Youth Level 6

**Prerequisites:** swim all strokes continuously, retrieve object 10ft underwater, and tread water for 2 minutes

**Review:** freestyle, backstroke, breaststroke, butterfly, elementary backstroke, side stroke, proper turns for each stroke and long, shallow standing dives

**Goals:** swim 100 yards continuously, stroke refinement with streamline, endurance, diving from starting blocks (optional)

**Safety Topics:** asking permission, adult supervision, never swim alone, entry into unknown depths, boating, and nutrition