

Swim Lesson Levels

Parent/Child Aquatics

Level 1 or 2

Ages 6 months-3.5 years

Instructor/Student Ratio 1:10

Level 1 (6 months to 2 years):

Skills performed with parental or instructor assistance:

- Feel comfortable in the water.
- Enter and exit the water safely.
- Explore breath control and submerging.
- Explore floating on the front and back.
- Change body position in the water.
- Play safely in the water.

Skills to be taught to parents:

- How to properly supervise children and maintain safe behavior in, on and around the water.
- How to hold and support your child in the water.
- Valuable water safety information to make your family safer in, on and around the water.

Level 2 (2 years to 3.5 years):

Skills performed with parental or instructor assistance:

- Learn more ways to enter and exit the water safely.
- Retrieve objects below the surface and submerged objects with eyes opened.
- Glide on the front with assistance.
- Perform combined arm and leg actions on front and back with assistance.
- Change body position in the water.

Skills to be taught to parents:

- How to properly supervise children and maintain safe behavior in, on and around the water.
- How to hold and support your child in the water.
- Valuable water safety information to make your family safer in, on and around the water.

Preschool

Levels 1-3, Ages 3.5-5

Instructor/Student Ratio 1:5

Level 1

Skills may be performed with support:

- Enter and exit water using ramps, steps or side of pool
- Blow bubbles for 3 seconds
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glide with recovery to vertical position
- Back float for 3 seconds
- Roll from front to back, and back to front
- Arm and hand treading action
- Alternating and simultaneous leg action and arm action on front and back
- Combined arm and leg actions on front and back

Level 2

Skills may be performed with assistance:

- Enter water by stepping in pool from deck or low height
- Exit water using ladder, steps or side
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front and back glide with recovery to vertical position
- Front float for 3 seconds, back float for 5 seconds
- Roll from front to back, and back to front
- Tread water using arm and leg actions on front
- Finning arm action on back
- Combined arm and leg actions on back

Level 3

Skills performed independently:

- Jump into shoulder-deep water
- Fully submerge and hold breath
- Bobbing, 10 times
- Rotary breathing
- Front and back glide with recovery to vertical position
- Front, jellyfish, and tuck floats 10 seconds
- Back float for 15 seconds
- Change direction of travel while swimming on front or back
- Tread water for 30 seconds
- Combined arm and leg actions on front and back
- Finning arm action on back

Beginner

Levels 1-3, Ages 6 and up

Instructor/Student Ratio 1:6

Level 1

Skills may be performed with assistance:

- Enter and exit water using ramps, steps or side
- Blow bubbles for 3 seconds
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front and back glide with recovery to vertical position
- Back float for 5 seconds
- Roll from front to back, and back to front
- Treading water arm and hand actions
- Alternating and simultaneous leg action and arm action on front and back
- Combined arm and leg actions on front and back

Level 2

Skills performed independently:

- Step or jump from side of pool into shoulder-deep water
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing, 10 times
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front, jellyfish, and tuck floats for 10 seconds
- Front and back glide with recovery to vertical position
- Back float for 15 seconds
- Roll from front to back, and back to front
- Tread water for 15 seconds
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front and back
- Finning arm action on back

Level 3

Skills performed independently:

- Jump into deep water from the side, submerge and return to the side
- Headfirst entry from the side in seated and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival float for 30 seconds
- Tread water for 1 minute
- Change from vertical to horizontal position on front and back
- Push off in streamlined position on front, then begin kicking
- Front crawl, elementary backstroke for 15 yards
- Flutter, scissor, breaststroke, dolphin kicks

Stroke Improvement

Level 4, Ages 8 and up
Instructor/Student Ratio 1:8

Skills performed independently:

- Headfirst entry in compact and stride positions
- Feet first surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming for 1 minute
- Front crawl, elementary backstroke for 25 yards
- Breaststroke, back crawl, butterfly, sidestroke for 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kicking

Stroke Refinement

Level 5, Ages 8 and up
Instructor/Student Ratio 1:8

Skills performed independently:

- Shallow-angle dive into deep water
- Tuck surface dive and pike surface dive
- Tread water for 5 minutes
- Tread water, using legs only, for 2 minutes
- Sculling for 30 seconds
- Front crawl, elementary backstroke for 50 yards
- Breaststroke, back crawl, butterfly, sidestroke for 25 yards
- Front flip turn and backstroke flip turn

Advanced Swimmer (AS)

Level 6, Ages 8 and up
Instructor/Student Ratio 1:8

Once students have mastered the 5 levels of the Learn-to-Swim program, they may choose to enroll the Advanced Swimmer program. The goal of this level is for students to achieve a higher level of aquatic fitness/endurance swimming or enter into competitive swimming.

Skills performed independently:

- Surface dive and retrieve object from the bottom; 7-10 feet deep
- Front crawl and elementary backstroke for 100 yards
- Breaststroke, back crawl, butterfly, and sidestroke for 50 yards
- Demonstrate open turns and front and back flip turns while swimming

Adult/Teen Lessons

Ages 13 and up

Instructor/Student Ratio 1:6 or 2:10

Course emphasis is on individual improvement. We welcome all skill levels and will work with you to achieve your goals!

Skills performed independently or with assistance as needed:

- Safe water entry
- Change of direction while swimming
 - Roll from front to back, and back to front
 - Change from vertical to horizontal position on front and back
- Treading water
- Learning breath control
- Floating on the front and back
- Glides on the front and back
- Front crawl, breaststroke, elementary backstroke, sidestroke, butterfly, backstroke
- General Water Safety
 - Staying safe around water
 - Making good choices for where to swim (depth, current, etc.)
 - How to call for help
 - Selecting and fitting an appropriate life jacket