

Learn to Swim Level Descriptions

(The following describes what children will learn, NOT what they should already know)

Level 1: "Introduction to Water Skills"

Water Entry & Exit, (Getting comfortable in the water)
Breath Control & Underwater Swimming, (Face in the water, bubbles, picking up objects)
Buoyancy on Front & Back, (with support)
Changing Directions, (while walking or paddling)
Treading, (Basic arm/hand movements)
Swimming, (Basic movements for front/back crawl)
Basic Water Safety

Level 2: "Fundamental Aquatic Skills"

Water Entry & Exit, (stepping/jumping from the side/ladder use)
Breath Control & Underwater Swimming, (full submersion, rhythmic breathing, p/u objects)
Buoyancy on Front & Back, (un-support, intro to front/back glides)
Changing Directions, (while paddling, back to front & front to back)
Treading, (arm/hand movements, chest deep water)
Swimming, (Movements for front/back crawl, intro. to side stroke)
Basic Water Safety

Level 3: "Stroke Development"

Water Entry & Exit, (jumping from the side in deep water/intro to headfirst entry)
Breath Control & Underwater Swimming, (rotary breathing)
Buoyancy on Front & Back, (front/back glides with kicks)
Changing Directions, (vertical to horizontal)
Treading, (in deep water)
Swimming, (front crawl, back crawl, intro to butterfly kick/motion)
Basic Water Safety

Level 4: "Stroke Improvement"

Water Entry & Exit, (intro to compact and stride dives)
Breath Control & Underwater Swimming, (underwater swim and surface dives)
Buoyancy on Front & Back, (survival floats)
Changing Directions, (open turns)
Treading, (use of scissors kick, breaststroke kick, *or* rotary kick with sculling)
Swimming, (front crawl, back crawl, breaststroke, butterfly, elementary backstroke)
Water Safety

Level 5: "Stroke Refinement"

Water Entry & Exit, (shallow dives)
Breath Control & Underwater Swimming, (underwater swim and tuck/pike surface dives)
Buoyancy on Front & Back, (survival floats)
Changing Directions, (flip turns)
Treading, (use of scissors kick, breaststroke kick, *and* rotary kick with sculling)
Swimming, (front crawl, back crawl, breaststroke, butterfly, elem. backstroke, sidestroke)
Water Safety

Level 6: "Personal Water Safety"

Endurance Skills: Demonstrate distances of all 6 strokes
Turns: Demonstrate open and flip turns while performing all 6 strokes
Review/Demonstrate dives, help positions, and several survival techniques
Treading water with use of kick only
Water & Boating Safety
Intro. to Lifeguard Readiness and Fitness Swimming