



Swim Lesson Levels

Level 1 Swim:

- Enter and exit water independently using ladder, steps of side of pool
- Fully submerge face
- Blow bubbles
- Move 5 yards along side of pool maintaining contact with wall
- Supported kicking on front with kickboard
- Supported kicking on back with kickboard
- Kicking on stairs with legs out, blowing bubbles
- Jump off wall – assisted in the water not while jumping
- Swim on front 5 yards with support
- Swim on back 5 yards with support

Level 2 Swim:

- Front float to vertical position
- Turn over front to back
- Turn over back to front
- Extended kickboard kicking on stomach with breathing to the side
- Push off wall and kick in streamline
- Moving bobs width of the pool
- Torpedoes: push off wall in streamline, pull arms down to side and kick
- Kicking with hands on the wall and face in the water breathing to the side
- Freestyle arm pull with kickboard and face in water
- Freestyle with noodles under stomach
- Retrieve objects from bottom of shallow end
- Back float – hold 15 seconds
- Hold breath underwater – 5 seconds
- Tread water – 15 seconds

Level 3 Swim:

- Dive from side of pool from kneeling and compact positions
- Front glide with push-off – 2 body lengths
- Back glide with push-off - 2 body lengths
- Hands down at sides kicking, rotation from front to back
- Rhythmic breathing on sides
- Backstroke – kick on side; thumb down, pinky in
- Elementary backstroke kick – up, out, together, knees in, ankles out
- Tread water 30 seconds
- Backstroke starts
- Back float 30 seconds in deep water, change to vertical position and tread water for 30 seconds.



Swim Lesson Levels

Level 4 Swim:

- Deep water bobbing – 10 bobs
- Rotary breathing
- Dive from standing position
- Backstroke: Thumb out, pinky in; 4 backstroke pulls, 3 freestyle pulls; Half up, down and all the way around
- Elementary backstroke with legal kick
- Introduction to butterfly kick
- Introduction to flip turns – forward somersault in the water
- Tread water 1 minute

Level 5 Swim:

- Freestyle review
- Backstroke review
- Breaststroke
- Breaststroke drills
- Introduction to butterfly
- Flip turns
- Open turns
- Racing dive off of block
- Tread water – 2 minutes with 2 different kicks

Level 6 Swim:

- Stroke technique for free
- Stroke technique for back
- Stroke technique for breast
- Stroke technique for fly
- Flip turns with butterfly kick off wall
- Restricted breathing
- Sidestroke
- Retrieve brick from the tank
- Take off pants and sweatshirt in water and make into flotation device
- Tread water any kick – 5 minutes
- Tread water with brick – 1 minute



Swim Lesson Levels

Level 7 Swim:

- Freestyle with flip turn and streamline
- Backstroke with flip turn and streamline
- Breaststroke with 2 hand touch and breakout
- Butterfly with 2 hand touch and streamline
- IM transition turns
- Swim underwater 25 yards
- Tread water in pants and sweatshirt, any stroke
- 500 continuous swim
- Front crawl – 200 yards
- Back crawl – 100 yards
- Breaststroke – 50 yards
- Butterfly – 50 yards
- Relay pick-ups