

Swim Lesson Level Descriptions

Lessons Level	Course Description
Water Babies Infant & Preschool Min 4/Max 15	<ul style="list-style-type: none"> * 6 months-4 years One parent per child MUST be in the water at each lesson * Readiness for learning to swim * Breath control – Personal safety * Person accompanying must be 18 yrs. or older * Child should wear plastic pants, swim diaper or swimsuit
Tiny Tots Introduction to Water Skills Min 4/Max 12	<ul style="list-style-type: none"> * 4-5 years old (no parent in water) * Water adjustment * Breath control & submerging * Buoyancy on front & back with support * Swim on front & back (alternating arm action) – 5 feet with support * Treading – Retrieve submerged object
Level 1 Introduction to Water Skills Min 4/Max 12	<ul style="list-style-type: none"> * Must be 5 years old by first day of class * Water adjustment * Breath control & submerging * Buoyancy on front & back with support * Swim on front & back (alternating arm action) – 5 feet with support * Treading – Retrieve submerged object
Level 2 Fundamental Aquatic Skills Min 4/Max 12	<ul style="list-style-type: none"> * Submerging * Front & back glide * Jellyfish & back float * Changing direction * Treading * Swim on front (combined arm & leg actions) 15 feet * Swim on back (finning & sculling arm action) 15 feet * Swim on side (5 feet)
Level 3 Stroke Development Min 4/Max 12	<ul style="list-style-type: none"> * Jump into deep water * Kneel dive * Rotary breathing * Survival float * Tread water * Front & back crawl (15 yards) - - Butterfly kick (15 yards)
Level 4 Stroke Improvement Min 4/Max 12	<ul style="list-style-type: none"> * Standing dive – Swim underwater * Back float 1 minute – Open turn * Front & back crawl (25 yards) – Butterfly (15 yards) * Breaststroke (15 yards) - Elementary backstroke (15 yards) * Swim on side w/scissors kick – 15 yards
Level 5 Stroke Refinement Min 4/Max 10	<ul style="list-style-type: none"> * Shallow dive – Surface dives – Flip turn * Front & back crawl (50 yards) – Butterfly (25 yards) * Breaststroke (25 yards) - Elementary backstroke (25 yards) * Sidestroke (25 yards) * Survival swimming
Level 6A Personal Water Safety Min 4/Max 10	<ul style="list-style-type: none"> * Front & back crawl (100 yards) – Butterfly (50 yards) * Breaststroke (50 yards) - Elementary backstroke (50 yards) * Sidestroke (50 yards) – Open & flip turns * Survival swimming – Swimming while clothed * Treading water, kicking only – Boating safety
Level 6B Lifeguard Readiness Min 4/Max 10	<ul style="list-style-type: none"> * Front & back crawl (100 yards) – Butterfly (50 yards) * Breaststroke (50 yards) – Elementary backstroke (50 yards) * Sidestroke (50 yards) – Open & flip turns * Rescue breathing – Care for conscious choking victim * Reaching & throwing assists – Care for conscious choking victim * Check-Call-Care - Backboarding – Compact jump * Swimming with rescue tube
Level 6C Fitness Swimmer Min 4/Max 10	<ul style="list-style-type: none"> * Front & back crawl – 100 yards - Butterfly – 50 yards * Breaststroke – 50 yards - Elementary backstroke – 50 yards * Sidestroke – 50 yards - Open & flip turns * Use pull buoy, fins, paddles - Use pace clock * Calculate target heart rate - Water exercise & fitness training