

Level 1-Water Exploration

The objective of Level One is to help students feel comfortable in the water and to enjoy the water safely. Students will learn elementary water skills which they can build on as they progress through the various levels.

1. Become oriented to an aquatic environment
2. Fully submerge face (3 seconds)
3. Experience buoyancy
4. Supported front/back float
5. Basic breath control
6. Exit and enter water independently
7. Move through water comfortably (walking, traveling along gutter “swim”)
8. Supported kick on front/back
9. Intro to alternating arm action
10. Familiarize with getting help
11. Reaching assists without equipment
12. Lifejacket safety

Level 2 – Primary Skills

Level Two is to give students success with fundamental skills. They will also learn basic self-help rescue skills.

1. Fully submerge head (3 seconds)
2. Retrieve objects from chest deep water
3. Orientation to deep water with support
4. Unsupported front/back float
5. Unsupported back glide
6. Leveling off from a vertical position
7. Rhythmic breathing (bobbing)
8. Step in entry, side exit
9. Flutter kick front/back
10. Back crawl arm action
11. Combined stroke front/back 5 yards (arms and legs)
12. Turning over front to back, back to front
13. Perform reaching and extension assist from deck

Level 3 – Stroke Readiness

Students learn to coordinate front and back crawl. Introduction to elementary backstroke and the fundamentals of treading water

1. Retrieve objects eyes open, no no support
2. Bob and submerge and travel in water slightly over head
3. Jump into deep water from side of pool
4. Front and Back glide with push off 2 body lengths
5. Coordinate arm action for crawl breathing to side
6. Coordinate back crawl
7. Elementary backstroke (10 yards face out of water)
8. Reverse direction front/back
9. Tread water 1 minute
10. H.E.L.P. position
11. Huddle position 2 – 3 people
12. Introduction to “Swim Manners”

Level 4 – Stroke Development

Level Four develops confidence in skills learned thus far and to improve other aquatic skills. Breaststroke, sidestroke and turns at the wall will be introduced.

1. Deep water bobbing
2. Rotary breathing
3. Sculling (5 yards)
4. Front/back crawl 25 yards
5. Basics of breaststroke 10 yards
6. Basics of Sidestroke
7. Intro to open and flip turns at wall
8. Tread water using scissor and rotary kicks
9. Intro to CPR
10. Familiar with Beach warning flags and riptides

Level 5 – Stroke Refinement

Level Five continues with the refinement and coordination of the key strokes. Introduce butterfly and endurance swimming.

1. Bi-Lateral breathing
2. Stride jump entries
3. Breastroke 25 yards
4. Sidestroke 25 yards
5. Elementary backstroke 50 yards
6. Front and back crawl 100 yards
7. Butterfly dolphin kick 10 yards
8. Butterfly arm stroke 10 yards
9. Tread water 2 minutes 2 strokes

Stroke Clinic and endurance (Swim Team)

The objective of Stroke clinic (swim team) is to polish the four competitive swim strokes in a non-competitive environment. Students will learn to swim with more ease, efficiency, power and smoothness over greater distances

1. Front and Back crawl 250 yards with appropriate turns
2. Breastroke 100 yards
3. Butterfly 25 yards
4. 500 yard endurance swim stroke of choice
5. Circle swimming
6. Using a pace clock
7. Demonstrate swimming etiquette in fitness swimming
8. Use and application of swimming “aids” Pull buoys, hand paddles fins.
9. Calculating target heart rate
10. Cooper 12 minute swim test compare results with pre-assessment