

# Swim Lesson Levels

## Parent and Child Aquatics (6 Months–3 years)

### Level 1

#### What You Will Learn

Familiarize children between 6 months and approximately 3 years with the water and teach swimming readiness skills. Provide safety information for parents and teach techniques parents can use to orient their children to the water.

#### Prerequisites

No skill prerequisites. The child must be at least 6 months old and parents must accompany the child to each class.

---

## Preschool (3–5 Years Old)

### Level 1

#### What You Will Learn

Familiarize children approximately 4 and 5 years old with the aquatic environment and help them acquire rudimentary basic aquatic skills. Participants begin to develop positive attitudes and safe practices in and around water.

#### Prerequisites

No skill prerequisites. Children should be approximately 4 years old or older.

### Level 2

#### What You Will Learn

Participants will learn greater independence by introducing floating, gliding and submerging in the water without instructor assistance.

#### Prerequisites

Independent entry and assisted floating and gliding is required. Participants should have the ability to put their entire face in the water while blowing bubbles.

## **Level 3**

### **What You Will Learn**

Greater focus on independent skills, participants will learn to combine arm and leg actions to make forward progress in chest-deep water.

### **Prerequisites**

Participants should be able to glide and float without instructor assistance, fully submerging in water is required for this level.

---

## **School Age (6–12 Years Old)**

### **Level 1: Introduction to Water Skills**

#### **What You Will Learn**

Participants will gain confidence being in the water. Lessons will focus on floating, kicking and bobbing.

#### **Prerequisites**

No skill prerequisites. Participants should be able to be independent of parents/guardians.

### **Level 2: Fundamental Aquatic Skill**

#### **What You Will Learn**

A greater focus on independence is taught at this level, participants will learn to float on their own, retrieve objects from the bottom of the pool and will introduce both arm and leg movement to form strokes.

#### **Prerequisites**

Participants should be able to enter the water safely and independently. Floating with assistance and fully submerging underwater is required before entering this level.

### **Level 3: Stroke Development**

#### **What You Will Learn**

Participants will discover multiple swim strokes and begin to refine their techniques. This lesson will introduce treading and diving.

### **Prerequisites**

Participants should be able to confidently float on back and front without assistance, they must be able to swim at least 5 body lengths and to self-rescue by floating over longer distances.

## **Level 4: Stroke Improvement**

### **What You Will Learn**

Participants will be introduced to rotary breathing, turning at a wall. A focus on endurance is expected at this level.

### **Prerequisites**

Participants must be able to swim for 25 yards continuously and proficiently. Front crawl and back crawl are required.

## **Level 5: Stroke Refinement**

### **What You Will Learn**

Techniques and endurance are focused on heavily in this level, introduction of the final stroke butterfly.

### **Prerequisites**

Participants must be proficient in most strokes, be able to dive, rotary breathe and tread water without difficulty.

## **Level 6: Swimming and Skill Proficiency**

### **What You Will Learn**

Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances

### **Prerequisites**

Participants must be able to continuously swim 100 yards of front crawl and back crawl, proficiency in all strokes, and appropriate dive entry and turns at walls.

## Stroke Clinic (No Age Requirement)

### Level 1

#### What You Will Learn

This clinic meets twice a week and is focused on stroke refinement, increased physical conditioning, and training in a competitive manner for sprints and distances using all competitive strokes.

#### Prerequisites

Participants must be able to swim 500 yards using appropriate turns and dives.

---

## Adult Swim (Ages 13+)

### Level 1: Beginner

#### What You Will Learn

Participants gain basic aquatic skills and swimming strokes. Teaches skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency.

#### Prerequisites

No skill prerequisites.

### Level 2: Intermediate

#### What You Will Learn

Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes. Teaches skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency.

#### Prerequisites

Participants must be comfortable in chest-deep water, able to put their face in the water, and able to perform strokes that can be recognized as front crawl, breaststroke and back crawl, each for 15 yards.

## **Level 3: Advanced**

### **What You Will Learn**

Refine participants' front crawl, back crawl, and breaststroke stroke turns and build endurance. Teaches skills and concepts needed to stay safe in and around water.

### **Prerequisites**

Participants must be able to swim Front Crawl, Breaststroke and Back Crawl for 25 yards.