



# Swim Lessons

## Levels & Descriptions

### **Preschool Classes – Age 3-5 Level 1**

Enter water independently using ladder, step or side and travel at least 5 yards, submerging mouth and blowing bubbles for at least 3 seconds, gliding on front for 2 body lengths, rolling to back and float for 3 seconds

### **Preschool Classes – Age 3-5 Level 2**

Swimming using combined arm and leg actions on front, rolling to back floating for 5 seconds, rolling to front continuing to swim

### **Preschool Classes – Age 3-5 Level 3**

Swimming using combined arm and leg actions on front, rolling to back floating for 15 seconds, rolling to front continuing to swim

### **Youth Classes – Age 6 & Over Level 1 & 2**

**Level 1:** Gliding on front, rolling to back float, recovering to a vertical position

**Level 2:** Stepping from the side into chest deep water, pushing off using combined arm and leg action on front, back and then front again for 5 body lengths each.

### **Youth Classes – Age 6 & Over Level 3 , 4 & 5**

**Level 3:** Stroke development: Jumping into deep water from side, front crawl for 15 yards, maintaining position by treading/floating for 30 seconds, elementary backstroke for 15 yards

**Level 4:** Stroke Improvement: Swimming front crawl for 25 yards, elementary backstroke for 25 yards, breaststroke for 15 yards, back crawl for 15 yards

**Level 5:** Stroke Refinement: Front crawl for 50 yards, elementary backstroke for 50 yards, breaststroke for 25 yards, back crawl for 25 yards