

LEVELS

Levels are attained during weekly lessons concentrating on drills that support long term goals. List of drills are skill specific and can be used in multiple levels to reach student proficiency.

1. Level 1: Introduction to Swimming-A

This level is geared for the beginner aged 3-4 and gives them a balanced first exposure to swim instruction. Children learn to follow directions and gain confidence in the water.

Swimmers will:

- a. Learn buoyancy through demonstrating a front and back float with support.
- b. Learn and demonstrate correct breathing patterns when in or out of the water.
- c. Learn and demonstrate leg and arm motions for front and back, water positions.
- d. Safely enter and exit the water independently.
- e. Retrieve an object below the surface. (Assistance if needed)
- f. Learn to put their face in the water and open eyes.

2. Level 2: Swimming-B

They continue gaining ease and confidence in the water. Instructor support given as needed. Basic pool safety is reviewed and the Life guard is established as the "Safety Leader". Swimmers will:

- a. Learn and refine floating skills of both front and back, add gliding skills.
- b. Learn and demonstrate the streamline position.
- c. Refine leg motions – using a kickboard for front and back flutter kicks
- d. Explore whole-body swimming mechanics – using arm and leg action on front & back with little help.
- e. Submerge face – (eyes, nose and mouth) while retrieving object below the surface.
- f. Demonstrate proficiency with underwater breathing technique at the wall.

3. Level 3: Foundational Swimming Skills

All swimmers advance to this level. Here they gain success in their basic swimming skills. Through repetition of appropriate exercises and age appropriate drills – success is attained. Swimmers will:

- a. Master basic water safety, holding the wall, managing in deep water.
- b. Fully submerge head – holding their breath for 7 seconds.
- c. Demonstrate rolling over "front to back" and "back to front" independently.
- d. Demonstrate front and back floats – with variations (cannonball float, jellyfish float, exploring buoyancy.
- e. Rotary breathing introduced.
- f. Freestyle and backstroke are mastered.

4. Level 4: Stroke Development

Students build on previous levels developing many new skills and enhancing technique.

Emphasis is on proper technique Swimmers will learn and demonstrate:

- a. Water safety floating skills – remaining buoyant 20-30 sec.
- b. Side Scissors kick – length of pool

- c. Freestyle with rotary breathing and proper body positioning on the water mastered (maintaining the streamlined position).
- d. Develop flexibility – changing positions from vertical to horizontal, and reversing horizontal back to vertical.
- e. Overall improvement in stroke technique of freestyle and backstroke – (40 feet of each).
- f. Treading water introduced, increasing strength and using multiple kicks and arm pulls. (1 minute)
- g. Kneeling surface dive entry.
- h. Breaststroke introduced.

5. Level 5: Stroke Improvement

Swimmers at this level have passed or can complete skills in the previous levels. We will build on our foundational skills and introduce:

- a. Underwater swimming – kicking and pulling techniques
- b. Open turns for front crawl and back stroke
- c. Proficiency in treading water with 2 types of kicks mastered (1 minute)
- d. Breaststroke improvement (working on kick and pull timing).
- e. Butterfly introduced.

6. Level 6: Stroke Refinement

For those who have passed levels 1-5 or can complete the same criterion. This level provides further coordination and refinement of Freestyle, Backstroke, Breaststroke, Butterfly, and Side stroke.

Students will also learn the front flip turn. Proficiency will be measured by 2 completed laps of each stroke with proper technique. Demonstrate safe water entry – surface dives and feet first entry. Drill work will be individual for students depending on their own stroke needs.