

QRCP “Developing Young Swimmers”

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. 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 motions (kicking) 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. Swimming – B (Level A flows into this level.)

This level is geared for older beginners aged 5+. 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 with supervision.
- e. Submerge face – (eyes, nose and mouth) while retrieving object below the surface.
- f. Demonstrate proficiency with underwater breathing technique at the wall.

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 3-5 seconds.
- c. Demonstrate rolling over “front to back” and “back to front”.
- d. Demonstrate front and back floats - with variations (cannonball float, jellyfish float, exploring buoyancy).
- e. Supported floating with rhythmical breathing, kicking and arm movements are introduced and practiced. (front crawl)
- f. Work front and back body glides to get glides 3-5 body lengths.

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. Elementary Back Stroke - kick and pull drills,

- b. Water safety floating skills – remaining buoyant 20-30 sec.
- c. Side Scissors kick - 20 feet
- d. Front crawl with rotary breathing and proper body positioning on the Water. (maintaining the streamlined position)
- e. Develop flexibility –changing positions from vertical to horizontal, and reversing horizontal back to vertical.
- f. Overall improvement in stroke technique of front crawl and elementary Backstroke – (40 feet of each).
- g. treading water in 15 second increments, increasing strength and using multiple kicks and arm pulls. (Minimum 30 second)
- h. Kneeling surface dive entry.

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. feet first water entry – safety concerns and technique
- c. back stroke arm motion and stroke synthesis
- d. open turns for front crawl and back stroke
- e. proficiency in treading water with 2 types of kicks. (1 min)
- f. technique in front crawl analyzing pulls and kicks sidestroke with drills back crawl breast stroke butterfly Minimum distance to pass is 80 feet per stroke with correct technique.

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 Front crawl, Back stroke, Breast stroke, 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.

7. Swimming Skill Challenge

For those swimmers looking for extra challenges and having excelled through levels 1-6.

This level refines strokes so that swimmers can swim with ease, efficiency and strength.

Distance increases over the course of the session depending on student ability and interest.

There are many supportive drills to finesse stroke technique available for these advanced swimmers.

Evaluation will be individualized and summarize accomplishments in stroke Work and timing.