

Swim Lesson Levels - Updated Curriculum

Parent and Child (6 months to 3 years)

Teaches safe behaviors around the water and develops swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on, and around water. Parent must be in water with the child.

Preschool (3-5 years)

Aims to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children.

To enroll in Preschool, participants should be able to demonstrate the following:

- Children must be willing to enter the water without the parent and stay with the class group.

Learn-to-Swim (5-12 years)

Level 1

Orients participants to the aquatic environment, begins to develop safe practices around the water, and helps them gain basic aquatic skills such as water entry and exit; breath control and submerging; floating and gliding on the front and back; and treading in chest-deep water. Arm and leg actions are also introduced at this level.

To enroll in level 1, participants should be able to demonstrate the following:

- Willingness to enter the water without parent and stay with the class group.

Level 2

Builds on fundamental aquatic skills learned in Level 1 such as breath control and submerging; floating and gliding on front and back; swimming using combined arm and leg actions on the front and back; and treading in shoulder-deep water.

To enroll in level 2, participants should be able to demonstrate the following:

- Enter the water independently, travel at least 5 yards, bob 5 times, then safely exit
- Glide on front at least 2 body lengths, roll to the back and float for 5 seconds, then recover to a vertical position

Level 3

Focuses on stroke development, including front crawl and elementary backstroke. Participants will be introduced to the breaststroke, scissors and dolphin kicks, and build on the fundamentals of treading water in deep water. This class aims to help participants achieve basic water competency in a pool environment. Diving skills may also be introduced in this level.

To enroll in level 3, participants should be able to demonstrate the following:

- Step into chest-deep water, push off the bottom and tread or float for 15 seconds, then swim on the front and/or back for 5 body lengths before exiting the water
- Float on back for 15 seconds, roll over to the front, then recover to a vertical position
- Push off and swim on front for 5 body lengths, roll to back and float for 15 seconds, then roll back over and continue swimming for 5 body lengths with combined arm and leg action

Level 4

Focuses on improving participants' proficiency in performing the following swimming strokes: front crawl, breaststroke, butterfly, back crawl, and sidestroke. Participants may also work on diving skills.

To enroll in level 4, participants should be able to demonstrate the following:

- Enter deep water, tread/float for 1 minute and then swim 1 length of the pool using front crawl and/or elementary backstroke
- Push off in a streamline, swim 15 yards front crawl, change direction and swim 15 yards elementary backstroke

Level 5

Focuses on stroke refinement for all six strokes: front crawl, breaststroke, butterfly, back crawl, elementary backstroke and sidestroke. Participants will work on surface dives, flip turns and may work on diving skills.

To enroll in level 5, participants should be able to demonstrate the following:

- Enter deep water, swim 25 yards of front crawl followed by 25 yards of elementary backstroke
- Swim 15 yards breaststroke followed by 15 yards back crawl
- Swim a distance of 3 to 5 body lengths under the water