

Swim Lessons Level Descriptions

Parent Tot:

Ages: 6 months - 4 years old

The parent and child interact in an educational swim setting designed to help the child feel comfortable in the water.

Level 2:

Suggested start age: 5 years old

Requirement: Taken & Passes Level 1

- Submerge entire head
- Pick up submerged objects
- Front glide
- Float on back and front
- Introduction of front crawl, utilize both arm & leg motions

Level 4:

Suggested start age: 7 years old

Requirement: Taken & Passes Level 3

- Continue dive progressions
- Swim Underwater
- Open Turns
- Tread water using different kicks
- Front & Back Crawl, proper stroke development
- Elementary Backstroke
- Introduction to butterfly and breaststroke
- Scissor kick (Sidestroke)
- Some endurance swimming

Level 1:

Suggested start age: 4 years old

The child is in a group setting learning beginning water swimming and safety skills.

- Float
- Blow bubbles
- Put head under water
- Kick legs
- Move arms in windmill motion.
- Basic water exploration

Level 3:

Suggested start age: 6 years old

Requirement: Taken & Passes Level 2

- Introduction to diving
- Rotary Breathing
- Glide with kick
- Tread water
- Front Crawl
- Back Crawl
- Introduction to dolphin kick (Butterfly kick)

Level 5/6:

Suggested start age: 8 years old

Requirement: Taken & Passes Level 4

- Finish dive progressions
- Swim Underwater
- Flip turns
- Butterfly & Breaststroke
- Sidestroke
- Water survival techniques

