

DESCRIPTION FOR SWIM LESSON LEVELS

Ages are only an estimate/average. Ages will vary depending on the child's willingness to learn and how comfortable they are in the water, as well as their strength and endurance.

LEVEL 1: (Ages typically 3 – 5) Explore the water, water associations; develop social skills with other children. Learn basic swimming as blow bubbles underwater; get the face wet, opening their eyes in the water, going under water, back and float with assistance and learn how to kick, move their arms with support.

LEVEL 2: (Ages typically 5 – 7) Learn the front stroke, under water explore, swim under water, float on back and front, swim out to 15 feet and back, learn how to get face in the water and learn breathing.

LEVEL 3: (Ages typically 6 –8) Front crawl, back stroke, kicks, tread water in deep water, dive.

LEVEL 4: (Ages typically 8 – 10) Improve strokes, introduce butterfly, more diving, tread water, and kicks associated with strokes.

LEVEL 5/6: (Ages typically 10 – 14) Learn to define strokes, life readiness skills, personal water safety, fitness swimmer, masters kicks and turns off the wall. Prepare for life guard skills for future lifeguard class.