

Swimming Pool – Swim Lessons

Level 0 – Learning to Love the Water

- Fully submerge face in water
- Blowing bubbles and bobbing
- Alligator walk
- Float independently in big pool with a life jacket
- Assisted front and back floats
- Assisted arm and hand movement for treading
- Can listen to and follow directions
- Water safety: Basic water safety

Level 1 – Introduction to Water Skills

- Blowing bubbles and bobbing
- Holding breath underwater for 5 seconds
- Assisted front and back floats
- Assisted rolling over
- Assisted front and back glides
- Assisted arm and hand movement for treading
- Arm and leg movement for front and back strokes
- Enter and exit the water
- Safety: Basic water safety

Level 2 - Fundamental Water Skills

- Jump into chest-deep water
- Fully submerge head and hold breath for 10 seconds
- Bobbing 5 times
- Retrieve submerged object in 3 feet of water
- Arm and hand movements for treading
- Front and back floats for 10 seconds
- Front and back glides
- Front and back strokes for 5 body lengths
- Safety: Safety awareness

Level 3 - Stroke Development

- Jump into deep water, kneeling dive
- Hold breath for at least 10 seconds
- Back and survival floats & tread water for 30 seconds
- Retrieve a submerged object in 5 feet
- Bobbing 5 times while moving toward shore
- Front and back glides
- Front and back strokes for 15 yards
- Elementary backstroke for 15 yards
- Dolphin kick and breaststrokes kick for 15 yards
- Safety: What to do in an emergency

Level 4: Stroke Improvement

- Kneeling and standing dives
- Back & survival floats & tread water for 1 minute
- Feet-first surface dive in 7 feet
- Swim submerged 3-5 body lengths
- Front and back glides
- Front stroke with correct breathing for 30 yards
- Backstroke for 30 yards
- Breast and elementary back strokes for 15 yards
- Safety: Applied rescue skills



Level 5 – Stroke Refinement

- Shallow dive and swim submerged 5 body lengths
- Back & survival floats & tread water for 2 minutes
- Tuck, pike & feet-first surface dives in 9 feet
- Front and back glides with dolphin kick
- Open turns for each stroke
- Front and back strokes for 60 yards
- Breast and elementary backstrokes for 30 yards
- Sidestroke and butterfly for 30 yards
- Safety: Applied rescue skills

Level 6 – Technique, Endurance, and Personal Water Safety

- Dive approach
- Back & survival floats & tread water for 5 minutes
- Swim into the tuck, pike, and feet-first surface dives
- Front and back glides with dolphin kick
- Open turns & front and back flip turns
- Front and back strokes for 120 yards
- Great, fly, elementary back and side strokes for 60 yards
- 500-yard swim
- Swim 15 yards, retrieve brick and return in 1 minute
- Safety: Water safety and rescue techniques with clothing