



# Swim Lessons for Children Ages 6+



## Levels 1-6

### Level 1: Intro to Water Skills

Participants learn to feel comfortable in the water and enjoy the water safely. Fundamental aquatic skills are taught to develop good swimming habits and safe practices in and around the pool.

\*Prerequisite: Students must be at least 6 years old.

#### Participants learn to:

- Blow bubbles and submerge face
- Float on front and back with support
- Swim on front and back with support
- Basic water safety rules



### Level 2: Fundamental Aquatic Skills

This level marks the beginning of true locomotion skills. Students are performing skills without support and developing arm and leg actions that lay the foundation for future strokes.

\*Prerequisite: Students must have completed Level 1 or have equivalent skills.

#### Participants learn to:

- Submerge entire head
- Swim on front and back 5 body lengths
- Roll over front to back, back to front
- Float and glide on front and back

### Level 3: Stroke Development

Increase proficiency and build on the aquatic skills learned in Level 2 by providing additional practice with increased distances.

\*Prerequisite: Students must have completed Level 2 or have equivalent skills.

#### Participants learn to:

- Jump into deep water and tread water 30 seconds
- Diving from a sitting and kneeling position
- Rotary breathing
- Front crawl, back crawl, elementary backstroke, sidestroke 15 yards
- Swim using the dolphin kick for 3-5 body lengths



### Level 4: Stroke Improvement

Participants improve skills worked on in Level 3 and endurance for front crawl, back crawl, elementary backstroke, sidestroke, and breaststroke.

Prerequisite: Students must have completed Level 3 or have equivalent skills.

#### Participants learn to:

- Swim front crawl and elementary backstroke for 25 yards
- Swim sidestroke, back crawl, breaststroke and butterfly 15 yards
- Perform open turns on front and back
- Dive from a standing position
- Perform a feet-first surface dive and swim underwater

## **Level 5: Stroke Refinement**

Participants refine their performance of all the strokes and increase distances.

\*Prerequisite: Students must have completed Level 4 or have equivalent skills.

Participants learn to:

- Perform a long shallow dive
- Perform tuck and pike surface dives
- Perform flip turns
- Swim front crawl and elementary backstroke for 50 yards
- Swim butterfly, back crawl, breaststroke, and sidestroke for 25 yards



## **Level 6: Fitness Swimmer**

Participants swim strokes with more ease, efficiency, power and smoothness over greater distances.

\*Prerequisites: Students must have completed Level 5 or have equivalent skills.

Participants learn to:

- Swim front and back crawl for 100 yards
- Swim butterfly, elementary backstroke, breaststroke and sidestroke for 50 yards
- Perform flip turns while swimming
- How to use lap swimming equipment (pull buoy, pace clock, paddles)
- Calculate target heart rate and how to write a workout