

Swim Lesson Placement Guide

Age categories are provided as a guideline, but actual placement will depend on skill level (i.e., whether the skills in prior level are mastered). Instructors will recommend the appropriate placement for each student based on skills testing during the initial lesson.

<p>WATER BABIES (2-4 YR OLDS)</p> <p>Students will learn to:</p> <ul style="list-style-type: none"> • Be comfortable in the water with a parent/guardian holding on • Hold onto side of pool independently • Partially submerge face, blow bubbles 	<p>TADPOLE (5-6 YR OLDS)</p> <p>Students will learn to:</p> <ul style="list-style-type: none"> • Become oriented and move comfortably in the water • Fully submerge face • Demonstrate basic breath control • Demonstrate supported floating and kicking on front and back • Enter and exit water independently • Become familiar with alternating arm action • Learn basic water safety and ways to get help
<p>LEVEL 1: LEARN TO SWIM (6-7 YR OLDS)</p> <p>Students will learn to:</p> <ul style="list-style-type: none"> • Fully submerge face and retrieve underwater objects • Do front and back float alone • Level off from a vertical position • Demonstrate bobbing • Breathe rhythmically • Explore deep water with support • Flutter kick on front and back • Demonstrate step-in entry and side exit • Turnover, back to front and front to back 	<p>LEVEL 2: LEARN TO SWIM (8-10 YR OLDS)</p> <p>Students will learn to:</p> <ul style="list-style-type: none"> • Retrieve objects with eyes open • Do front and back crawl • Glide with a push off • Dive • Reverse direction on front and back • Build endurance by swimming laps • Tread water • Demonstrate rotary breathing • Learn rescue breathing techniques
<p>LEVEL 3: STROKE DEVELOPMENT (10-12 YR OLDS)</p> <p>Students will learn to:</p> <ul style="list-style-type: none"> • Demonstrate alternate breathing • Perform front and back crawl and elementary backstroke for long distance • Do side and breaststroke • Increase endurance in treading • Perform tuck and pike surface dives • Demonstrate throwing rescue 	<p>LEVEL 4/5: STROKE REFINEMENT (11-14 YR OLDS)</p> <p>Students will learn to:</p> <ul style="list-style-type: none"> • Demonstrate alternate breathing • Perform front and back crawl and elementary backstroke for long distance • Perform sidestroke • Perform breaststroke • Perform butterfly • Increase endurance in treading • Perform tuck and pike surface dives • Perform open and flip turns • Demonstrate reaching and throwing rescues