

👉 Swim Lesson Skills Information👉



Level 1P

Swimming Skills:

- Enter the water using ladder, steps or side
- Exit water using ladder, steps or side
- Blowing bubbles through mouth and nose, 3 seconds
- Submerging mouth, nose and eyes
- Opening eyes under water and retrieving submerged objects 2 times (in shallow water)
- Front float, 3 seconds (with support)
- Recover from a front glide to a vertical position (with support)
- Back float, 3 seconds (with support)
- Recover from a back float to a vertical position (with support)
- Roll from front to back / back to front
- Flutter Kick on front, 2 body lengths
- Front Crawl arm action, 2 body lengths
- Independently enters and participates with swimming class
- Attentively listens to instructor

Safety Skills:

- Staying safe around aquatic environments
- Recognizing the lifeguards and an emergency
- How to wear a life jacket
- How to call for help

Level 2P

Swimming Skills:

- Enter the water by stepping in
- Exit water using ladder, steps or side
- Bobbing, 3 times
- Opening eyes under water and retrieving submerged objects 2 times (in chest deep water)
- Front float, 3 seconds
- Front glide, 2 body lengths
- Recover from a front float or glide to a vertical position (in chest deep water)
- Back float, 5 seconds
- Back glide, 2 body lengths
- Recover from a back float or glide to a vertical position (in chest deep water)
- Roll from front to back
- Roll from back to front
- Treading using arm and leg actions, 5 seconds (in shoulder deep water)

Safety Skills:

- How to wear a life jacket
- How to call for help
- How to recognize an emergency
- Recognizing a lifeguard
- Reaching assist

Level 1

Swimming Skills:

- Enter water using ladder, steps or side
- Exit water using ladder, steps or side
- Blowing bubbles through mouth and nose, 3 seconds
- Bobbing, 3 times
- Opening eyes under water and retrieving submerged objects, 2 times (in shallow water)
- Front glide, 2 body lengths
- Recover from a front glide to a vertical position
- Back float, 3 seconds
- Back glide, 2 body lengths
- Recover from a back float or glide to a vertical position
- Roll from front to back
- Roll from back to front
- Flutter Kick on front, 2 body lengths
- Flutter Kick on back, 2 body lengths
- Front Crawl arm action , 2 body lengths
- Back crawl arm action , 2 body lengths
- Independently enters and participates with swimming class
- Attentively listens to instructor

Safety Skills:

- How to wear a life jacket
- How to call for help
- How to recognize an emergency
- Recognizing a lifeguard
- Reaching assist

Level 2

Swimming Skills:

- Enter water by stepping or jumping from the side (in shoulder deep water)
- Exit water using ladder, steps or side (in chest deep water)
- Fully submerging and holding breath, 5 seconds
- Bobbing, 5 times (in chest deep water)
- Opening eyes under water and retrieving submerged objects, 2 times
- Front float, 5 seconds (unsupported)
- Front glide, 2 body lengths (unsupported)
- Recover from a front float or glide to a vertical position
- Back float, 15 seconds (unsupported)
- Back glide, 2 body lengths (unsupported)
- Recover from a back float or glide to a vertical position
- Flutter Kick on front, 10 feet (unsupported)
- Flutter Kick on back, 10 feet (unsupported)
- Rotary breathing on barbell with flutter kick, 10 yards
- Introduction to Front Crawl arms and rotary breathing on barbell
- Introduction to Back Crawl arms with flutter kicking (some support)

Safety Skills:

- Staying safe around aquatic environments
- Recognizing the lifeguards
- How to wear a life jacket
- How to call for help
- Recognizing an emergency

Level 3

Swimming Skills:

- Enter water by stepping or jumping from the side
- Head first entry from the side in a sitting position
- Head first entry from the side in a kneeling position
- Bobbing while moving, 5 times
- Rotary breathing with proper breathe control / bubbles and head position, 10 yards
- Survival float, 30 seconds
- Back float, 30 seconds
- Tread water, 30 seconds
- Front crawl, 15 yards (proficient flutter kick, rotary breathing, and arm strokes)
- Back crawl, 15 yards (proficient flutter kick, body position, and arm strokes)
- Elementary back stroke kick, 10 yards (feet flexed, and proper leg motion)

Safety Skills:

- Reaching assist
- Danger of cold water
- Look before you leap
- How to wear a life jacket
- How to call for help
- How to recognize an emergency

Level 4

Swimming Skills:

- Push off in a streamlined position on front and back then begin flutter kicking 3-5 body lengths
- Front crawl, 25 yards (proficient flutter kick, rotary breathing, breathing pattern, arm stroke technique)
- Introduction to Breaststroke kick, 15 yards (feet flexed and proper leg motion)
- Elementary backstroke, 25 yards (feet flexed, proper leg motion and arm stroke)
- Back crawl, 25 yards (proficient flutter kick, body and head position, straight arm recovery)
- Front crawl open turn at the wall
- Backstroke open turn at the wall
- Head first entry from the side in a compact position
- Head first entry from the side in a stride position
- Swim underwater, 3-5 body lengths
- Feet first surface dive, submerging completely
- Tread water using 2 different kicks, 2 minutes (modified scissor, modified breaststroke or rotary)

Safety Skills:

- Reaching / throwing assist
- Introduction to Rescue Breathing / ABC's
- Conscious choking
- How to recognize an emergency

Level 5

Swimming Skills:

- **Front crawl, 50 yards**
 - Proficient flutter kick
 - Proper rotary breathing with breath control
 - Proficient arm stroke / recovery
 - Good body balance
- **Breaststroke, 25 yards**
 - Feet flexed
 - Proper leg / kick motion
 - Hand don't pull past rib cage
 - Proper stroke timing with glide
- **Elementary backstroke, 50 yards**
 - Feet flexed
 - Proper leg / kick motion
 - Proper timing with arm pull and glide
- **Back crawl, 25 yards**
 - Proficient flutter kick
 - Proper body balance / head position
 - Proper arm pull / straight arm recovery
- **Dolphin kick, 15 yards**
- **Front flip turn while swimming**
- **Backstroke flip turn while swimming**
- **Tread water, 5 minutes**
- **Shallow-angle dive from the side**
- **Tuck surface dive, submerging completely**
- **Pike surface dive, submerging completely**

Safety Skills:

- **Recognizing an emergency**
- **Rescue breathing**
- **Conscious choking**

Level 6

Swimming Skills:

- Front crawl, 100 yards
- Breaststroke, 50 yards
- Butterfly, 15 yards
- Elementary backstroke, 100 yards
- Back crawl, 50 yards
- Front crawl open turn while swimming
- Front flip turn while swimming
- Backstroke open turn while swimming
- Backstroke flip turn while swimming
- Butterfly turn while swimming
- Backstroke turn while swimming
- Cooper 12 minute swim test
- Circle swimming
- Using a pull buoy while swimming, 25 yards
- Using fins while swimming, 25 yards
- Describe the principles of setting up an exercise program
- Demonstrate various training techniques
- Swim 500 yards continuously using an 3 strokes of your choice, swimming at least 50 yards of each stroke