



Learn to Swim



LEVELS

Parent and Child Ages 6mos - 3yrs

Little to no experience in the water; Parent required. Children must wear swim diapers.

Skills include:

- Blowing bubbles
- Kicking
- Holding onto the wall
- Floating on front and back
- Water safety skills

Tiny Tots Ages 3-4 (Pre-school):

Little to no experience in the water; can begin to perform basic water movement, including kicking and gliding. Children must be potty trained.

Skills include:

- Bobbing
- Kicking
- Exhaling under water through mouth and nose
- Floating on front and back
- Introduction to arm strokes

Level 1 Beginners, Ages 5+

Little to no experience in the water; can begin to perform basic water movement, including gliding, kicking, arm movement, and floating on front and back.

Skills Include:

- Water adjustment
- Bobbing
- Blowing bubbles
- Kicking
- Floating on front and back
- Gliding
- Combined leg and arm actions on front

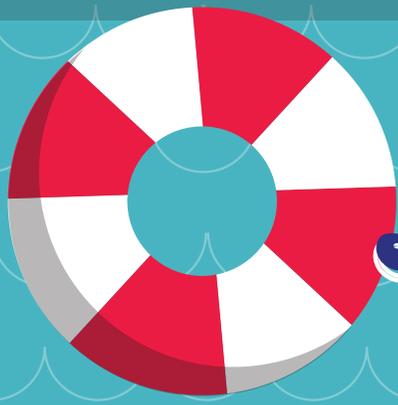
Level 2 Ages 5+, Must have passed Level 1 or aged out and passed Tiny Tots

Little to no experience in the water; can push off the wall and kick; comfortable placing face in water and floating on front or back with assistance

Skills Include:

- Floating on front and back
- Gliding
- Combined leg and arm actions on front and back





Learn to Swim



LEVELS

Level 3

Must have passed Level 2

Can push off wall and perform the front stroke and backstroke for 10ft without assistance

Skills Include:

- Front crawl
- Backstroke
- Side breathing
- Elementary backstroke, and butterfly kick

Level 4

Must have passed Level 3

Ability to swim 25 yards front stroke w/side breathing and backstroke; familiarity with elementary backstroke

Skills Include:

- Front crawl
- Backstroke
- Elementary backstroke, breaststroke, butterfly, and side stroke
- Treading water

Level 5

Must have passed Level 4

Ability to swim 25 yards of frontstroke and backstroke; 15 yards of butterfly, breaststroke, and side stroke

Skills Include:

- Endurance - front crawl, backstroke
- Elementary backstroke, breaststroke, butterfly, and sidestroke
- Front flip turns

Level 6

Performance Water Safety
Must have passed Level 5

Ability to swim 50 yards of front stroke and backstroke; 25 yards of butterfly, breaststroke, and side stroke; touch bottom of 5 feet depth of pool with hands and tread water for 1 min.

Skills Include:

- Endurance
 - Front crawl
 - Breaststroke
 - Sidestroke
- Lifesaving skills
 - Using a buoy
 - Survival swimming
 - Turning in the water
 - Treading water
- Observation skills
 - Retrieving objects from deep water
 - Stroke critique
 - Performance enhancement

