

Level 1-Introduction to Water Skills

Purpose:

To begin developing positive attitudes, good swimming habits and safe practices in and around the water

Learning Objectives:

Enter and exit water using ladder, steps or side Blow bubbles through mouth and nose
Bobbing Open eyes under water and retrieve submerged objects
Front and back glides and floats Recover to vertical position
Roll from front to back and back to front Tread water using arm and hand actions
Alternating and simultaneous leg actions on front and back
Alternating and simultaneous arm actions on front and back
Combined arm and leg actions on front and back

Level 2- Fundamental Aquatic Skills

Purpose:

To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position

Learning Objectives:

Enter and exit water by stepping or jumping from the side
Fully submerge and hold breath Bobbing
Open eyes under water and retrieve submerged objects
Front, jellyfish and tuck floats Front and back glides and floats
Recover to vertical position Roll from front to back and back to front
Change direction of travel while swimming on front or back
Tread water using arm and leg actions Combined arm and leg actions on front and back
Finning arm action

Level 3- Stroke Development

Purpose:

To build on the skills in Level 2 by providing additional guided practice in deeper water

Learning Objectives:

Enter water by jumping from the side Headfirst entries from the side in sitting and kneeling positions
Bobbing while moving toward safety Rotary breathing Survival float Back float
Change from vertical to horizontal position on front and back
Tread water Flutter, scissor, dolphin and breaststroke kicks on front
Front crawl and elementary backstroke

Level 4-Stroke Improvement

Purpose:

To develop participants' confidence in the strokes learned in Level 3 and to improve other aquatic skills

Learning Objectives:

Headfirst entries from the side in compact and stride positions
Swim under water Feet first surface dive Survival swimming
Front crawl and backstroke open turns Tread water using 2 different kicks
Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
Flutter and dolphin kicks on back

Level 5- Stroke Refinement

Purpose:

To further learn how to coordinate and refine strokes.

Learning Objectives:

Shallow-angle dive from the side then glide and begin a front stroke
Tuck and pike surface dives, submerge completely
Front flip turn and backstroke flip turn while swimming
Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly Sculling

Level 6- Fitness Swimmer

Purpose:

To refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances

Learning Objectives:

Increase endurance while swimming the following strokes:
Front crawl 100 yards Back crawl 100 yards Butterfly 50 yards
Elementary backstroke 50 yards Breaststroke 50 yards Sidestroke 50 yards
Demonstrate the following turns while swimming: Front crawl open turn
Backstroke open turn Sidestroke turn
Front flip turn Backstroke flip turn
Breaststroke turn Butterfly turn
Demonstrate etiquette in fitness swimming
Demonstrate how to use the following equipment while swimming:
Pull buoy Fins Pace clock Paddles