

3 & 4 year old level

Purpose: Introduction to the pool and getting comfortable in the water.

3 & 4-year-old participants learn to:

- Enter and exit water safely
 - Alligator game which includes jumping off the side of the pool into the water (with the help of an instructor)
- Get comfortable with putting nose, eyes, ears, and face in the water
 - Blow bubbles
- Exhale underwater through mouth
- Open eyes underwater, pick up submerged object, at least 2 times
 - Grab a toy under the water
- Float on front and back with support of instructor
 - Airplane arms – pull them around
- Learn basic arm movements of freestyle by walking in the water and practicing
 - Scooping back and forth across the pool

Level 3- & 4-year-old exit assessment:

1) Being completely comfortable with entering and exiting the pool without support.

2) Submerging entire head, at least twice. _____

3) Being completely comfortable entering the water without help from instructor _____

4) Be able to perform belly float and back float with aid of instructor _____

Comments from instructor:

We recommend that it would be most beneficial to your child by taking level _____ next session.

Level 1: Introduction to Water Skills

Purpose: Helps students feel comfortable in the water.

Level 1 participant learn to:

- Enter and exit water safely
 - Work on jumping into water from the edge of the pool (into the arms of the instructor if needed) – use Alligator Game
 - See if they can pull themselves up out of the water on the side of the pool
- Submerge mouth (head) independently
 - Work on bobbing up and down to test comfortability in the water. Example: act like frogs or bunnies hopping up and down.
- Exhale underwater through mouth and nose
 - Show them how to do it above the water, show them how to do it under the water, then come up with a fun game.
- Open eyes underwater, pick up submerged object, at least 2 times
 - Have them grab an object under the water – toy ring. Example: pretend you're an explorer looking for sunken treasure
- Float on front and back with support
 - Airplane arms and pull them around.
- Swim on front and back using arm/leg actions
 - Use pool noodles under their arms and have them kick out to grab an object – example: swim around the shark
- Rollover front to back, back to front w/support
- Treading – explore arm and hand movements in chest-deep water
- Follow basic water safety rules, helping others
- Use a life jacket

Level 1 Exit Skills Assessment:

1. Enter unassisted _____
2. Move 5 yards _____
3. Bob 5 times to chin level _____
4. Safety exit water _____
5. Float on front with support for 3 seconds _____
6. Assisted roll to back _____
7. Assisted float on back for at least 3 seconds. _____

Comments from instructor:

We recommend that it would be most beneficial to your child by taking level _____ next session.

Level 2: Fundamental Aquatic Skills

Purpose: Gives students independent success with fundamental skills.

Level 2 participants learn to:

- Enter water independently, jumping from the side, in chest deep water
- Exit water safely using ladder or side
- Swim on side
- Submerge entire head, at least 5 seconds
- Rhythmic pattern of exhaling while head is submerged (bobs)
- Open eyes underwater, pick up a submerged object, at least 3 times in shallow water
- Float on front and back unsupported
- Perform front and back glide, unsupported
- Roll over from front to back, back to front
- Swim on front and back using combined strokes, at least 15 feet unsupported
- Treading using arms and legs unsupported in chest-deep water
- Water safety rules, helping others, swim while wearing a life jacket

Level 2 Exit Skills Assessment:

- 1) Without assistance
 - step from side into chest-deep water _____
 - move into front float for 5 seconds _____
 - roll over to a back float _____
 - return standing position _____
 - then move to back float for 5 seconds and return to a standing position
- 2) Push off & swim using a combination of arm and leg actions for 15 feet on the front;
push off and swim using a combination of arm and leg actions for 15 feet on the back.

- 3) Submerge entire head, at least 5 seconds _____
- 4) Pick up a submerged object, at least 3 times in shallow water

Comments from instructor:

We recommend that it would be most beneficial to your child by taking level _____
next session.

Level 3: Stroke Development

Purpose: Builds on skills from Level 2 & develops strokes through additional guided practice.

Level 3 participants learn:

- Jump into deep water from the side
- Dive from kneeling or standing position, in water at least 9 feet deep
- Perform front & back float at least 30 seconds
- Submerge and retrieve an object
- Bob with the head fully submerged, chest deep
- Perform front & back glide w/2 different kicks
- Use rotary breathing in horizontal position
- Perform front and back crawl, 15 yards
- Butterfly - kick and body motion, 15 feet
- Change from horizontal to vertical position on front and back
- Water safety rules, perform a reaching assist

Level 3 Exit Skills Assessment:

1) Jump into chest-deep water from the side, swim front crawl for 15 yards w/ face in the water breathing (to front or side), maintain position by treading or floating for 30 seconds, back crawl for 15 yards.

Comments from instructor:

We recommend that it would be most beneficial to your child by taking level _____ next session.

Level 4: Stroke Improvement

Purpose: Develops confidence and strength to improve skills learned and introduces new aquatic skills.

Level 4 participants learn to:

- Shallow dive or dive from stride position, in at least 9 feet of water
- Swim underwater, 3 body lengths
- Front and back float, survival float, 1 minute
- Perform feet-first surface dive
- Perform open turn on front/back using any stroke
- Tread water using sculling arm motions and various kick, 1 minute
- Perform the following:
 - Front and back crawl, 25 yards
 - Breaststroke & Elementary backstroke, 15 yards
 - Butterfly, 15 yards
 - Swim on side w/scissors kick, 15 yards

Level 4 Exit Skills Assessment:

- 1) Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards. _____
- 2) Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards. _____

Comments from instructor:

We recommend that it would be most beneficial to your child by taking level _____ next session.

Level 5/6: Stroke Refinement/Swimming & Skill Proficiency

Purpose: Provides further coordination and refinement of strokes, swimming further distances. Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

Level 5/6 participants learn to:

- Tread water w/ two different kicks, 2 minutes
- Learn survival swimming, 2 minutes
- Survival floating, 2 minutes
- Water safety, helping others, rescue breathing

Perform the following:

- Standing dive, Shallow dive, glide two
- Sidestroke and elementary backstroke
- Front and back crawl
- Butterfly and breaststroke
- Tuck & pike surface dive
- Front and back flip turns while using swimming strokes

Level 5/6 Exit Skills Assessment:

1) Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull), and swim elementary backstroke for 25 yards.

2) Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

Comments from instructor:

We recommend that it would be most beneficial to your child by taking level _____ next session.