



## swimming & water safety lessons descriptions of swim levels

### Learn-to-Swim Skills

Children must pass the previous level to enter the next level.

#### Level 1: Introduction to Water Skills

Purpose: To orient children to the aquatic environment and help them acquire rudimentary levels of basic aquatic skills.

##### Level 1 Participants learn to:

- Enter and exit water using side, ladder, or ramp
- Bobbing 5 times
- Submerge mouth, nose, and eyes
- Blow bubbles for 3 seconds
- Open eyes underwater, pick up submerged object
- Front and back glides and recover to vertical position
- Back float for 5 seconds
- Roll over front to back, back to front
- Treading water arm and hand actions
- Alternating and simultaneous leg and arm actions front and back
- Going over safety rules

#### Level 3: Stroke Development

Purpose: Develops strokes through additional guided practice.

##### Level 3 participants learn to:

- Enter water by jumping from the side
- Rotary breathing
- Back float for 1 minute
- Survival float for 30 seconds
- Tread water for 1 minute
- Push off in stream line position on front, then begin kicking
- Flutter, scissor, dolphin, and breaststroke kicks on front
- Perform front crawl for 15 yards
- Perform elementary backstroke 15 yards
- Perform backstroke 15yard

#### Level 2: Fundamental Aquatic Skills

Purpose: Gives students independent success with fundamental skills.

##### Level 2 participants learn to:

- Enter water independently, by stepping or jumping from side
- Exit water using ladder, step, or side
- Fully submerge and hold breath
- Bobbing 10 times
- Open eyes under water and retrieve object at bottom of pool
- Front and back glides recover to vertical position
- Rotary breathing
- Front, jellyfish, and tuck floats for 10 seconds
- Roll front to back and back to front
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front and back
- Treading water for 15 seconds
- Finning arm action

#### Level 4: Stroke Improvement

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

##### Level 4 participants learn to:

- Swim under water
- Front and back crawl open turns
- Flip turns while swimming and finishes
- Tread water using 2 different kicks
- Survival swim for 2 minutes
- Sidestroke and elementary backstroke
- Tread water using sculling arm motions and various kick, 1 minute
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kick
- Perform the following:
  - Front crawl, 25 yards
  - Elementary Backstroke, 25 yards
  - Breaststroke, 15 yards
  - Back crawl, 15 yards
  - Butterfly, 15 yards
  - Side stroke, 15yard

\* We do offer stroke technique lessons for adults and children.

\* We also offer adult swim lessons; please contact Lizzie at [swimbigsky@gmail.com](mailto:swimbigsky@gmail.com) for more information.