

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, 15yards

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

\* We also offer adult swim lessons.

\* Please contact Lizzie at [swim.vernon@yahoo.com](mailto:swim.vernon@yahoo.com) for more information about swim in Vernon.  
\* Please contact Stephanie at [swim.farmington@bigskyfitness.com](mailto:swim.farmington@bigskyfitness.com) for more information about swim

in Farmington.