



**swimming & water safety lessons**  
**descriptions of swim levels ( level 1 – 4 )**

<b>LEVEL 1: Introduction to Aquatic Skills</b>	<b>LEVEL 2: Fundamental Aquatic Skills</b>
<p style="text-align: center;"><i>Acclimates students to the aquatic environment &amp; helps them acquire rudimentary aquatic skills.</i></p> <p><b>Participants learn to:</b></p> <ul style="list-style-type: none"> <li>• Back float</li> <li>• Blow bubbles</li> <li>• Go over safety rules</li> <li>• Open eyes underwater</li> <li>• Submerge mouth, nose, and eyes</li> <li>• Roll over front to back, back to front</li> <li>• Front and back glides and recover to vertical position</li> <li>• Alternating and simultaneous leg and arm actions front and back</li> </ul>	<p style="text-align: center;"><i>Provides students with fundamental aquatic skills to achieve independent success.</i></p> <p><b>Participants learn to:</b></p> <ul style="list-style-type: none"> <li>• Rotary breathe</li> <li>• Tread water</li> <li>• Breaststroke kick</li> <li>• Elementary backstroke</li> <li>• Fully submerge &amp; hold breath</li> <li>• Roll front to back &amp; back to front</li> <li>• Front and back glides recover to vertical position</li> <li>• Combined arm and leg actions on front and back</li> <li>• Open eyes under water &amp; retrieve object at bottom of pool</li> </ul>
<b>LEVEL 3: Stroke Development</b>	<b>LEVEL 4: Stroke Improvement</b>
<p style="text-align: center;"><i>Develops strokes through additional guided practice &amp; reinforce fundamental techniques.</i></p> <p><b>Participants learn to:</b></p> <ul style="list-style-type: none"> <li>• Breaststroke</li> <li>• Tread water</li> <li>• Butterfly arms</li> <li>• Rotary breathing</li> <li>• Back float for 1 minute</li> <li>• Perform backstroke for 15 yards</li> <li>• Perform front crawl for 15 yards</li> <li>• Perform elementary backstroke 15 yards</li> <li>• Flutter, scissor, dolphin, and breaststroke kicks</li> <li>• Push off in stream line position on front, then begin kicking</li> </ul>	<p style="text-align: center;"><i>Develops confidence &amp; strength to improve strokes &amp; introduces new aquatic skills.</i></p> <p><b>Participants learn to:</b></p> <ul style="list-style-type: none"> <li>• Swim under water</li> <li>• Tread water for 1 minute</li> <li>• Front and back crawl open turns</li> <li>• Flip turns while swimming &amp; finishes</li> <li>• Flutter and dolphin kicks on back</li> <li>• Push off in streamlined position on back, then begin kick               <ul style="list-style-type: none"> <li>○ Perform front crawl, 25 yards</li> <li>○ Perform breaststroke, 15 yards</li> <li>○ Perform backstroke, 15 yards</li> <li>○ Perform butterfly, 15 yards</li> <li>○ Perform elementary backstroke, 25 yards</li> </ul> </li> </ul>

- \* Children must pass the previous swim level to enter the next level.
- \* We also offer stroke technique lessons for children and adults.
- \* Please contact [fitKIDS@bigskyfitness.com](mailto:fitKIDS@bigskyfitness.com) for more information about swim levels.