

Swim Lesson Level Descriptions

Level 1 -- INTRODUCTION TO WATER SKILLS

The purpose of Level 1 is to help students feel comfortable in the water. Level 1 participants will learn to:

- * Enter and exit the water safely
- * Submerge mouth, nose and eyes
- * Exhale underwater through mouth and nose
- * Open eyes underwater, pick up a submerged object
- * Float on front and back
- * Explore arm and hand movements
- * Swim on front and back using arm and leg actions
- * Follow basic water safety rules
- * Use a life jacket

Level 2 -- FUNDAMENTAL AQUATIC SKILLS

The purpose of Level 2 is to give students success with fundamental skills. Level 2 participants learn to:

- * Enter water by stepping or jumping off the side
- * Exit water safely using ladder or side
- * Submerge entire head
- * Open eyes underwater, pick up a submerged object
- * Float on front and back
- * Perform front and back glide
- * Roll over from front to back, back to front.
- * Swim on front and back using combined strokes
- * Swim on side
- * Move in the water while wearing a life jacket

Level 3 -- STROKE DEVELOPMENT

The purpose of Level 3 is to build in Level 2 through additional guided practice. Level 3 participants learn to:

- * Jump into deep water from the side
- * Dive from kneeling or standing position
- * Submerge and retrieve an object
- * Bob with head fully submerged
- * Use rotary breathing in horizontal position
- * Perform front and back glide
- * Perform survival float
- * Change from horizontal to vertical position on front
- * Perform front and back crawl
- * Butterfly - kick and body motion
- * Perform a reaching assist
- * Use "Check-Call-Care" in an emergency
- * Perform the HELP and huddle position

Level 4 -- STROKE IMPROVEMENT

The purpose of Level 4 is to develop confidence in the skills learned, and improves other aquatic skills. Level 4 participants learn to:

- * Perform shallow dive, or dive from stride position
- * Perform open turns on front & back, using any stroke
- * Perform the following strokes: Butterfly, Breaststroke, Front & Back crawl, Elementary Backstroke
- * Swim under water
- * Tread water using sculling arm motions and kick
- * Perform feet-first surface dive
- * Perform a throwing assist
- * Use safe diving rules
- * Swim on side using scissors-like kick
- * Care for conscious choking victim
- * Perform compact jump into water from a height while wearing life jacket

Level 5 -- STROKE REFINEMENT

The purpose of Level 5 is to provide further coordination and refinement of strokes. Level 5 participants will learn to:

- * Tread water with two different kicks
- * Learn survival swimming
- * Perform rescue breathing
- * Refine the following: Front and back crawl, Butterfly, Breaststroke, Elementary backstroke
- * Perform the following: Sidestroke, Standing dive, Pike surface dive, Tuck surface dive, Shallow dive - glide 2 body lengths and begin any front stroke, Front flip turn, Backstroke flip turn

Level 6 -- SWIMMING AND SKILL PROFICIENCY

The purpose of Level 6 is to refine the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options, that focus on preparing students to participate in more advanced courses, including the Water Safety

Instructor and Lifeguard Training Courses. These options include: Personal Water Safety, Lifeguard Readiness and Fundamentals of Diving