

Level 1: Introduction to Water Skill - Ages 3+

- *For the beginner who is comfortable in the water.*
- Swimmers learn the basics of swimming:
 - bobbing, going under water
 - supported front and back floating
 - supported rolling over from front to back and back to front
 - supported gliding
 - supported flutter kick
 - supported front crawl arms and jumping in.

Level 2: Fundamental Aquatic Skills

- *Swimmers should already be able to float on front and back and put their head under water.*
- Swimmers will work on:
 - independent front and back floating
 - independent rolling over from front to back and back to front
 - independent front and back glides
 - front crawl arms and kicks
 - back crawl arms and kicks
 - retrieving underwater objects, and jumping into water over their head.

Level 3: Stroke Development

- *Swimmers should already be comfortable swimming front stroke and swimming on their back.*
- Swimmers will work on:
 - gliding
 - freestyle with side breathing
 - backstroke, breast stroke and dolphin kicks
 - retrieving objects in deeper water
 - treading water
 - jumping into deep water
 - compact dives.

Level 4: Stroke Improvement

- *Swimmers should already be able to: swim front and back crawl 25 yards.*
- Swimmers will work on:
 - rotary breathing (side to side)
 - freestyle, backstroke, elementary backstroke

- scissors kick and sidestroke
- whip kick and breaststroke
- intro to turning at wall (flip turn)
- treading water with modified scissors
- diving in kneeling position.

Level 5: Stroke Refinement

- *Swimmers should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water, and dive.*
- **Swimmers will work on:**
 - alternate breathing
 - stride jump,
- **Refinement of:**
 - refinement of: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke
 - dolphin kick and butterfly
 - open turn on front and back
 - feet-first surface dive
 - treading water.

Level 6: Swimming and Skill Proficiency

- *Swimmers should already be able to: swim front and back crawl 50 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes, and dive.*
- **Swimmers will work on:**
 - All six strokes,
 - front and back crawl flip turn
 - breaststroke turn
 - breaststroke speed turn and pullout
 - butterfly turn
 - sidestroke turn
 - pike and tuck surface dive
 - pike and tuck dive from board
 - tread water for five minutes
 - basic water rescue

Level 7: Stroke Mastery and Endurance

- *This level is designed for those who have mastered the strokes in level 6 and want to work on proper timing, technique, and stroke refinement in order to achieve more ease, efficiency, power and endurance.*

- Further coordination of the basic strokes is emphasized so that the student can swim smoothly over longer distances. More advanced turns at the wall, and safety skills are mastered.