

# Swimming Lesson Skills By Level

## Zero-Two Lessons

(Ages 0-2 years old, with a parent)

Lessons for ages 0-2 is to teach safe behaviors around the water and develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water.



## Preschool Lessons

(Age 3-5 years old, with or w/no parent)

May be performed with assistance:

- + Exit water using ladder, steps or side
- + Enter water by stepping in from deck or low height
- + Jump in to shoulder deep water
- + Blow bubbles
- + Fully submerge and hold breath
- + Bobbing 5-10 times
- + Open eyes under water & retrieve submerged objects
- + Front & back glide with recovery to a vertical position
- + Back float for 3-15 seconds
- + Front, jellyfish & tuck floats
- + Roll from front to back & back to front
- + Tread water using arm & leg actions for 15-30 seconds
- + Combined arm and leg actions on front and back
- + Finning arm action on back

## Learn to Swim

(Age 5 to 105)

### Level 1

May be performed with assistance:

- + Enter and exit water using ramps, steps or side
- + Exit water using ladder, steps or side
- + Blow bubbles for 3 seconds
- + Bobbing 5 times
- + Open eyes under water & retrieve submerged objects
- + Front & back glide & recover to a vertical position
- + Back float for 5 seconds
- + Roll from front to back and back to front
- + Treading water arm & hand actions
- + Alternating leg & arm actions on front & back
- + Combined arm and leg actions on front and back

### Level 3

- + Jump into deep water from side, submerge & return to side
- + Headfirst entry from side in seated or kneeling position
- + Bobbing while moving to safety
- + Rotary breathing
- + Survival float for 30 seconds
- + Back float for 1 minute
- + Tread water for 1 minute
- + Change from vertical to horizontal position on front and back
- + Push off in streamlined position on front then begin kicking
- + Swim the front crawl for 15 yards
- + Swim the elementary backstroke for 15 yards
- + Flutter, scissors, breaststroke and dolphin kicks

### Level 2

- + Step or jump from the side into shoulder-deep water
- + Exit water using ladder, steps or side
- + Fully submerge & hold breath
- + Bobbing 10 times
- + Open eyes under water & retrieve submerged objects
- + Rotary breathing
- + Front, jellyfish & tuck floats 10 seconds
- + Front & back glide with recovery to vertical position
- + Back float for 15 seconds
- + Roll from front to back & back to front
- + Tread water for 15 seconds
- + Change direction while swimming on front or back
- + Combined arm and leg actions on front and back
- + Finning arm action on back

### Level 4

- + Headfirst entry in compact and stride positions
- + Feet-first surface dive
- + Swim underwater
- + Tread water, using 2 different kicks
- + Survival swim for 1 minute
- + Front crawl - 25 yards
- + Elementary backstroke - 25 yards
- + Breaststroke - 15 yards
- + Back crawl - 15 yards
- + Butterfly - 15 yards
- + Sidestroke - 15 yards
- + Open turns on the front and back
- + Flutter and dolphin kicks on back
- + Push off in streamlined position on back then begin kicking