**Swim Lesson Levels**

*Level 1 – Introduction to Water Skills*

Helps participants feel comfortable in the water

* Blow bubbles through mouth and nose
* Bobbing
* Open eyes under water and retrieve submerged objects at arm’s length
* Front and back glides and floats (with assistance)
* Recover to vertical position (with assistance)
* Roll from front to back and back to front (with assistance)
* Explore water using arm and hand actions
* Alternating and simultaneous leg actions on front and back
* Alternating and simultaneous arm actions on front and back
* Combined arm and leg actions on front and back (with assistance)

*Level 2 – Fundamental Aquatic Skills*

Gives participants success with fundamental skills.

* Fully submerge and hold breath
* Bobbing
* Open eyes under water and retrieve submerged objects
* Front, jellyfish and tuck floats
* Front and back glides and floats
* Recover to vertical position
* Roll front to back and back to front
* Change direction of travel while swimming on front or back
* Tread water using arm and leg actions
* Combined arm and leg actions on front and back
* Finning arm action.

*Level 3 – Stroke Development (FYI: Often times, students repeat this level)*

Builds on the skills in Level 2 through additional guided practice in deeper water.

* Bobbing while moving toward safety
* Rotary breathing
* Survival float
* Back float change from vertical to horizontal position on front and back
* Tread water
* Flutter, scissor, dolphin and breastroke kicks on front
* Front crawl and elementary backstroke

**Swim Lesson Levels (Continued)**

*Level 4 – Stroke Improvement*

Develops confidence in the skills learned and improves other aquatic skills. At this level, students can swim to the dock with their instructor.

* Headfirst entries front the side in compact and stride positions
* Swim under water
* Feet first surface dive
* Survival swimming
* Front crawl and backstroke open turns
* Tread water using 2 different kicks
* Front and back crawl, elementary backstroke, breastroke, sidestroke, and butterfly
* Flutter and dolphin kicks on back

*Level 5 – Stroke Refinement*

Provides further coordination and refinement of strokes.

* Shallow-angle dive from the side then glide and begin a front stroke
* Tuck and pike surface dives, submerge completely
* Front flip-turn and backstroke flip turn and backstroke flip turn while swimming
* Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
* Sculling

*Level 6 – Swimming and Skill Proficiency*

Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Students will be asked to swim longer distances and will be taught exercises to increase swimming endurance and strength.