

A Guide to the “Learn to Swim” Levels

Level 1 (Water Acclimation)- This class is for beginners. Students will learn safety skills and water acclimation. Students will learn basic aquatic skills such as blowing bubbles, kicking, and putting their face in the water. Concepts are introduced through fun games and activities.

Level 2 (Primary Skills)- Students in this class are acclimated and ready to learn foundational/safety skills. Skills include floating, front and back gliding, elementary backstroke, treading, entering and exiting the water safely.

Level 3 (Stroke Development)- Children in this class understand how to keep themselves safe in the water and require minimal to no floatation device support. Children will begin to learn the mechanics of swimming front crawl, back stroke, and be introduced to the breast stroke. Children in this class are expected to swim at least 15 yards independently and be able to submerge for an object.

Level 4 (Stroke Enhancement)- Children in this class can effectively swim the front crawl and backstroke and will enhance their training in these areas. Students will swim 25 yard laps of Four strokes (front, back, breast, sidestroke) with no assistance. Students will build their endurance and begin to practice open turns. The mechanics of the butterfly stroke may be introduced.

Level 5 (Stroke Refinement)- Students in this class will have advanced knowledge of sidestroke, breaststroke, backstroke, breaststroke and intermediate- advanced knowledge of the butterfly stroke. Students are expected to swim 50 yards independently and be able to maintain themselves treading above the water for up to two minutes. Students in this class will perform drills that enhance technique, endurance, and speed.