

Levels and Prerequisites

The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Level 1, which has no prerequisite. Each level includes training in basic water safety and helping a swimmer in distress, in addition to the skills outlined below.

Pre-School Swim Lessons

For ages 3 to 4 years and ages 4 to 5 years.

The objective of this class is to help the child feel comfortable in the water and work on skills that are age appropriate to their physical development.

Level 1: Introduction to Water Skills

Prerequisite: Child must be five years of age or older.

The objective of this class is to help the child feel comfortable in the water. Skills introduced will be: water adjustment, breath control, buoyancy, entering/exiting water, front/back kicking with support, and using arm strokes for short distances. No floatation device will be used.

(No Prerequisite skills)

- Enter and exit water safely
- Submerge mouth, nose and eyes
- Exhale underwater through mouth and nose
- Open eyes underwater, pick up 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

Level 2: Fundamental Aquatic Skills

Prerequisite: (Must be able to perform level 1 skills)

Skills:

- Enter water by stepping or jumping from 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 side
- Swim on front and back using combined strokes
- Tread water using arm and leg motions

Level 3: Stroke Development

Prerequisite: (Must be able to perform level 2 skills)

Skills:

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

Level 4: Stroke Improvement

Prerequisite: (Must be able to perform level 3 skills)

Skills:

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

Level 5: Stroke Refinement

Prerequisite: Must be able to perform level 4 skills

Skills:

- Tread water with two different kicks
- Learn survival swimming
- Safety – Reach or Throw, Don't Go
- Perform the following:
- Standing dive
- Shallow dive, glide two body lengths and begin any front stroke

- Tuck surface dive
- Pike surface dive
- Front flip turn
- Backstroke flip turn
- Front and back crawl
- Butterfly
- Breaststroke
- Elementary backstroke
- Sidestroke

Level 6: Swimming and Skill Proficiency

Prerequisite: (Must be able to perform level 5 skills)

Participants will cover both Lifeguard Readiness and Fitness Swimmer over two sessions.

1. **Lifeguard Readiness:** For swimmers interested in a focus on Personal Water Safety and Lifeguard Readiness.

2. **Fitness Swimmer:** For anyone interested in competitive swimming or achieving a higher level of fitness

Information subject to change.