



WEST COAST AQUATICS LESSONS **PROGRAM**

NOTE: Swimmers are working toward mastering the skills at each level and will receive ribbons upon completion of each level. New families please ask a manager to help make an educated guess as to where you will benefit most.

NOVICE & LEVEL 1

1. Comfort in the water without parent
2. Breath control (Balloon Faces)
3. Submersed breath control of 10 seconds
4. Safety Skills including independently climbing in and out of the pool
5. Wall walks or Monkey Walks
6. Successfully enjoying class without crying for six lessons or three weeks.

LEVEL 2 (Fins may be used part of class)

1. Streamline glide with correct push off
2. Straight leg kicks
3. Independent back float for 10 seconds
4. Circle Swims (ability to jump in and turn around to get to the wall)
5. The ability to swim 10 feet with head down using both arms and legs

LEVEL 3 (Fins may be used part of class)

1. Straight arm strokes with good straight kicks
2. Back kicks 10 ft.
3. Independently swim, roll over to back, get a breath, roll back, and continue swimming 20 ft
4. Retrieve a ring from 4ft

LEVEL 4

1. Back kicks with skulling (waving to the fishes)
2. Intro to backstroke
3. Side kicking
4. Four arm strokes rolling to side to get a breath and four more arm strokes

LEVEL 5

1. Ability to swim length of pool using one side to breath
2. Continuing Backstroke
3. Surface dives to retrieve objects 6 ft
4. Treading water for 1 minute
5. Kneeling dives
6. Standing dive in proper form

LEVEL 6

1. Effective underwater swim 20 ft
2. Intro to Bilateral side breathing freestyle
3. Bent arm freestyle length of the pool
4. Backstroke with good rotation length of the pool
5. Proper race dive

LEVEL 7

1. Continued Technique for Freestyle
2. Distance Freestyle
3. Distance Backstroke
4. Dolphin kick one length
5. Elementary Backstroke one length
6. Intro to Breastroke kicks

LEVEL 8

1. Proper Freestyle
2. Proper Backstroke
3. Beginning Breastroke
4. Beginning Butterfly

LEVEL 9

1. Working toward Golden Sun Award
2. 50 yds Freestyle
3. 50 yds Backstroke
4. Breastroke length of the pool
5. Butterfly length of pool
6. 100 yds Individual Medley

LEVEL 10

1. 100 IM
2. Legal turns Breastroke and Butterfly two hand touch
3. Flip turns
4. Dive off racing blocks
5. Earn Golden Sun Award
6. Join Swim Team

Registration is accepted on
www.westcoastaquatic.splashcentral.com

