



# LEARN TO SWIM LEVELS

## Baby Turtles (Ages 6 months-3 Years)

This is a parent participation baby swim lesson. One parent or adult per baby is required in the water for the entirety of the lesson. The focus of this level is to introduce babies to swimming in a fun, comfortable environment through songs and activities. Skills worked on include full submersion, kicking, underwater swimming for a short distance, and floating. Babies are ready to graduate to Level 1 White once they turn 3 years old.

## Level 1 - White (3-6 Years)

This level is for young beginners. No swim experience is required to join. Kids will learn to relax in the water without parents, listen to the instructor, and swim independently. Swimmers are ready to graduate to Level 2 Yellow when they can swim approximately 15 feet in streamline position (face and eyes in water, arms stretched forward, and fast splashy kicks) and float on their backs for at least 5 seconds.

## Level 1 - Green (7+ Years)

This level is for beginners over 7 years old. No swim experience is required to join. Swimmers will learn to relax in the water without parents, listen to the instructor, and swim independently. Swimmers will skip Level 2 Yellow and graduate to Level 3 Orange when they can swim approximately 15 feet in streamline position (face and eyes in water, arms stretched forward, and fast splashy kicks) and kick on their backs for about 35 feet.

## Level 2 - Yellow (3-6 Years)

This level is for young swimmers who can swim independently in the streamline position for at least 15 feet and float on their backs, or who have passed Level 1 White. Swimmers will work on breath control and back kicks. Swimmers are ready to graduate to Level 3 Orange when they can complete 3 pop up breaths in the streamline position and kick on their backs for about 35 feet.

## Level 3 - Orange (3+ Years)

This level is for swimmers who can swim independently in a streamline position for more than 15 feet and can kick on their backs for about 35 feet or who have passed either Level 2 Yellow or Level 1 Green. Swimmers will be introduced to the basics of freestyle and backstroke technique in this level. Swimmers are ready to graduate to level 4 Silver when they can demonstrate side breathing and big rotating arms out of the water, and back kicks with backward switching arms.

## Level 4 - Silver (3+ Years)

This level is for swimmers who have a basic knowledge of freestyle and backstroke or who have passed Level 3 Orange. Swimmers will work on fine tuning freestyle and backstroke. They will also be introduced to flip turns. Swimmers are ready for Level 5 Gold when they can consistently demonstrate legal freestyle and backstroke.

## Level 5 - Gold (3+ Years)

This level is for swimmers who can swim legal freestyle and backstroke or who have passed Level 4 Silver. Swimmers will continue to practice freestyle and backstroke and will learn breaststroke. They will also be introduced to dolphin kicks. Swimmers are ready for Level 6 Gold Plus when they can demonstrate legal freestyle, backstroke, breaststroke, and dolphin kicks.

## Level 6 - Gold Plus (3+ Years)

This level is for swimmers who can swim legal freestyle, backstroke, breaststroke, and dolphin kicks or who have passed Level 5 Gold. Swimmers continue to practice freestyle, backstroke, and breaststroke, and will learn butterfly. They will also continue to practice flip turns. Swimmers are ready for the Endurance Group when they can demonstrate all 4 strokes with legal competitive technique, and can demonstrate basic flip turns.

## Endurance Group (6-17 Years)

This level is for swimmers who can swim at least 12 ½ yards of freestyle, backstroke, breaststroke, and butterfly with legal competitive technique or who have passed Level 6 Gold Plus. Swimmers must pass a tryout if coming from outside of our program. Swimmers will practice swimming 25-yard laps of all 4 strokes in order to build endurance, learn circle swimming, lane etiquette, and IM order. Swimmers will also learn the basics of reading a timeclock. Swimmers ages 6-12 who are interested in joining our competitive team will graduate to the Junior Bells. Any swimmer ages 13-17 and swimmers who do not want to pursue competitive swimming will graduate to Bellfit.



## Junior Bells (6-12 Years)



Junior Bells is a transition group for swimmers who want to pursue competitive swimming for the Santa Clara Swim Club. Junior Bells consists of one hour practices, 3 days per week. Up to 8 swimmers are allowed per lane. This group is open to swimmers ages 6-12 years who have completed the Endurance Group or who can swim at least 50 yards of freestyle, 50 yards of backstroke, 25 yards of breaststroke, and 25 yards of butterfly with legal competitive technique. Swimmers must pass a tryout if coming from outside of our program. Swimmers will learn the basics of competitive swimming including intervals, dive progression, legal

turns and swim meet basics. Swimmers will also continue to work on technique, endurance, and speed and will participate in mock meets to prepare for competitive swimming.

## Bell Fit (6-17 Years)

Bell Fit is a fitness-based recreation group for swimmers ages 6-17 years who have passed the Endurance Group or who can swim at least 50 yards of freestyle, 50 yards of backstroke, 25 yards of breaststroke, and 25 yards of butterfly. Swimmers must complete a tryout if coming from outside of our program. Swimmers will maintain endurance and fitness with a group lap swim workout led by a coach on deck.

## Adults (Ages 18 +)

This level is open to all adults at any ability level. No swim experience is required. Instructors will use the curriculum from Levels 1-6 to teach adults the 4 competitive strokes. Adults who can swim all 4 strokes are encouraged to transition to the Santa Clara Swim Club's Masters program.

## QUESTIONS?

**Need help finding the right level for your swimmer? Call our office at 408-246-5050 ext 16.**



*The earth is 75% water...*

**LEARN TO SWIM!**