



Swim Lessons Levels

Tampa Bay Aquatic Club is committed to teaching swimmers of all ages and ability levels water safety and competitive swimming skills. We want the swimmers who come through our lessons program to be able to join the competitive team if they wish.

All swimmers in lessons are encouraged to wear goggles. Water diapers are not permitted in the pool at River Hills Country Club.

Level 1: Bubbles, Kicking, & Floating on Back

Swimmers in this group are already comfortable in the water. They will practice putting their face in the water and blowing bubbles with their mouths and noses. They will also practice flutter kick, with the coach and eventually all on their own. Finally they will practice floating on their back as a way to catch their breath.

Level 2: Streamline Kicking, Rolling on Back, & Beginning Freestyle Strokes

Swimmers in this group already flutter kick on their own and understand how to blow bubbles. They will begin learning to kick in a streamline, to roll on their back from kicking, and to kick on their back. They will also begin using their arms to swim freestyle and backstroke.

Level 3: Bilateral Breathing Freestyle & Backstroke

Swimmers in this group can already swim past the flags doing freestyle. They will continue to practice blowing bubbles, breathing, and streamline. They will also continue to use their arms for freestyle and backstroke, and will learn bilateral breathing for freestyle.

Level 4: Intro Butterfly & Breaststroke

Swimmers in this group have a good understanding of freestyle and backstroke. They will continue to practice blowing bubbles, breathing, and streamline. They will begin to learn butterfly and breaststroke; beginning with the kick, adding the arms, and eventually understanding when to breathe.

Level 5: All Four Strokes, Flip Turns, & Starts

Swimmers in this group can already swim a 25 of freestyle, are comfortable swimming backstroke, and have a strong breaststroke and butterfly kick. They will continue to work on all four strokes to make them efficient and legal. They will also continue to practice blowing bubbles, breathing, and streamline. They will begin to learn dives, backstroke starts, flip turns, and open turns.