

AQUASTAR SWIM SCHOOL

TRAINING LEVELS

Level 1

All basic skills and safety knowledge are covered including front and back floats, glides, free style, and back stroke. Students will have some swimming ability prior to moving on to Level 2.

Skills List

- Water adjustment (feeling comfortable)
- Jump in
- Go underwater
- Front float (5 sec)
- Back float (5 sec)
- Front flutter with kick board (10 feet)
- Back flutter with kick board (10 feet)
- Front glide (10 feet)
- Free style (10 feet)
- Backstroke (5 feet)
- Introduce Treading water
- Introduce underwater swimming
- Introduce side breathing

Safety Skills

- Pool Rules
- Lifejackets
- Bob for safety

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Level 2

Beginner level with the main focus on refining free style with side breathing, back stroke, building endurance, and learning to be comfortable in deeper water.

- 10 Bobs (with proper breathing)
- Front and back floats (15 sec)
- Flutter kick with kick board w/ side breathing (15 feet)
- Back flutter kick with kick board (15 feet)
- Free style with breathing (15 feet)
- Backstroke (10 feet)
- Tread water (10 sec)
- Underwater swimming (8 feet)
- Introduce Elementary Backstroke
- Introduce dolphin kick
- Introduce breast stroke kick

Safety Skills

- Pool rules
- Roll from front to back
- Never swim alone
- Lifejackets

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Level 3

This level is an endurance level with continued stroke refinement. Deep water skills are introduced

- Jump in water over child's head and get back to wall
- Free style (30 feet)
- Backstroke (20 feet)
- Elementary back stroke (20 feet)
- Breast stroke (15 feet)
- Tread water (20 sec)
- Introduction to dolphin kick
- Introduction to butterfly
- Introduction to diving

Safety Skills

- Pool Rules
- Never swim alone
- Lifejacket
- Personal safety

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Level 4

This is an advanced level with focus on endurance, stroke refinement, and specialized strokes such as butterfly and breast stroke.

- Free style (45 feet)
- Back stroke (45 feet)
- Breast stroke (25 feet)
- Tread water (2 min)
- Shallow diving
- Introduce and use equipment (pull buoy, hand paddles)
- Introduce starting blocks
- Introduce Bi-Lateral breathing

Safety Skills

- Pool Rules
- Never swim alone
- Reach and Throwing assists
- Lifejackets

AQUASTAR SWIM SCHOOL TRAINING LEVELS

Level 5

This level is designed to prepare swimmers wanting to participate in competitive swimming. Basic skills are introduced such as lane etiquette, use of time clock, equipment, and terminology.

- Free style with good form (25 yards)
- Free style with bi-lateral breathing
- Back stroke with good form (25 yards)
- Proper equipment use
- Circle swimming
- Practice and use open turns (front and back)
- Practice breast stroke
- Practice butterfly
- 5 minute endurance swim (any combination of strokes)
- Starts off starting blocks
- Introduce Individual Medley (fly, back, breast, free)

Safety Skills

- Hydration
- Warm up and cool down concepts
- Keeping muscles warm
- Personal safety