

# Swim Lesson Descriptions

## **LEVEL 1: INTRODUCTION TO WATER SKILLS** *Helps participants feel comfortable in the water.*

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and back float
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Combined arm and leg actions on front and back
- Staying safe around aquatic environments
- Enter water by jumping in
- Fully submerging and holding breath
- Back float and glide
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Finning arm action on back

## **LEVEL 2: FUNDAMENTAL AQUATIC SKILLS** *Gives participants success with fundamental skills.*

- Enter water by stepping or jumping from the side
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and back float
- Recover from a front and back float or glide to a vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Staying safe around aquatic environments

## **LEVEL 3: STROKE DEVELOPMENT** *Builds on the skills in Level 2 through additional guided practice in deeper waters.*

- Enter water by jumping from the side
- Headfirst entry from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Push off in a streamlined position then begin flutter and dolphin kicks on front
- Front crawl and elementary backstroke