

CLASS DESCRIPTIONS

COURSE NAME	PURPOSE	COURSE CONTENT	PRE-REQUISITES...
Level 1 Water Exploration	<ul style="list-style-type: none"> • Orientation to aquatic environment • Create foundation for aquatic and safety skills 	Jump from side with assistance Supported floating and kicking on back Reaching assists without equipment Swimming with a noodle	<i>Swimmers in this level may have a fear of the water or may not be comfortable in groups and require a very small instructor to swimmer ration.</i>
Level 2 Primary Skills	<ul style="list-style-type: none"> • Expand on fundamental aquatic locomotion and safety skills • Become able to swim unassisted for 15 yards. 	Combined stroke on front and back Turning over front to back Turning over back to front Unassisted Glides and floatation	<i>Swimmers going into this level do not have a problem going underwater and are ready to learn to float/swim alone.</i>
Level 3 Stroke Readiness	<ul style="list-style-type: none"> • Increase swimming skill competency • Develop full front crawl • Practice safety and rescue skills 	Rhythmic breathing – front crawl Treading water Back Crawl Diving from seated position on side	<i>Swimmers should be able to doggie paddle 10 yards without the assistance of any type of floating device.</i>
Level 4 Stroke Development	<ul style="list-style-type: none"> • Develop confidence in strokes • Introduction to breaststroke and sidestroke 	Deep water bobbing Dive from side of pool Breaststroke & Sidestroke kicks Full Freestyle, Elementary Backstroke	<i>Swimmers should be able to swim 15 yards on their back and stomach and can swim underwater.</i>
Level 5 Stroke Refinement	<ul style="list-style-type: none"> • Continue refinement of front crawl, back crawl, elementary backstroke, breaststroke and sidestroke • Introduce butterfly, surface dives and springboard diving 	Increase endurance Butterfly Kick Open turns (front and back) Breaststroke and Sidestroke Diving and/or jumping from diving board.	<i>Swimmers should be able to swim 25 yards backstroke and 25 yards freestyle while breathing to the side.</i>
Level 6 Skill Proficiency	<ul style="list-style-type: none"> • Develop maximum efficiency and endurance for strokes • Introduce surface dives • Introduce flip turns • Develop endurance 	Approach and hurdle on diving board Tuck and pike surface dives Alternative kicks for treading water Throwing rescues Flip-turn	<i>Swimmers should be able to swim 50 yards and have solid stroke mechanics for freestyle, backstroke, sidestroke, and breaststroke.</i>
Level 7 Advanced Skills	<ul style="list-style-type: none"> • Encourage lifetime fitness • Refine strokes learned in previous levels • Develop springboard diving skills • Teach advanced rescue skills 	Incorporating Learn-To-Swim skills and activities into lifetime fitness Springboard diving in tuck and pike positions Backstroke Flip-turn	<i>Swimmers should be able to swim 200 yards with proper techniques in all strokes(including butterfly).</i>
Liverpool Jets Pre-Competitive Swim Camp	<ul style="list-style-type: none"> • Designed to be a steppingstone between swim lessons and the sport of competitive swimming. 	Starts, Turns and Stroke Technique in Butterfly, Backstroke, Breaststroke and Freestyle. Beginner training terminology.	<i>Have passed Level 4 – they swim 25 yards backstroke and 25 yards freestyle breathing to the side.</i>