

Swim Lesson Levels

Level 1

Skills swimmers will focus on:

Put face in water

Submerge head

Blow bubbles

Front float assisted

Front float unassisted

Back float assisted

Back float unassisted

Kick with a board up to 10 yards

Freestyle streamline kick 5 yards

Level 2

Skills swimmers will focus on:

Kick on back for 5 yards without assistance

Freestyle with side breathing for 5 yards

Freestyle up to 10 yards

Backstroke up to 5 yards

Jump from side of pool

Level 3

Skills swimmers will focus on:

Freestyle up to 25 yards

Backstroke up to 15 yards

Dolphin movement/kick

Breastroke kick and breaststroke arms

Dive from side of pool