



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
- Freestyle swim 5 yards unassisted

Level 2

Skills swimmers will focus on:

- Freestyle streamline kick 5 yards
- 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