



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