



# Carolina Aquatics Swim School

## Class Information

Swimmers must pass all requirements of a level before moving to the next level. The Swim School Manager and the Instructor will determine when the swimmer has passed each level.

### Level 1: Basic Water Skills

Introduce beginning swimmers to basic water skills such as:

- Blowing bubbles through the mouth and nose (avoid teaching swimmers to hold their breath)
- Blowing bubbles through the mouth and nose with the entire face in water with eyes looking down
- Opening eyes under water and retrieving objects under water

### Level 2: Floating and Gliding

Swimmers will learn skills like:

- Performing a front float
- Performing a back float
- Performing a front glide
- Performing a back glide
- Returning to a standing position after performing front float/glide and back float/glide
- Learning to bob

### Level 3: Kicking

Swimmers will learn the following skills:

- Proper front kick technique with glide
- Proper back kick technique with glide
- Proper dolphin kick technique with glide

### Level 4: Freestyle stroke

Swimmers will learn the following skills:

- How to reach and pull arms simultaneously while performing a front glide
- How to add kick to arm stroke
- How to get a breath of air when swimming with face in the water

### Level 5: Backstroke

Swimmers will learn how to:

- Swim freestyle and backstroke with confidence and strength
- Swim under water

### Level 6: Jumping, treading and diving

Swimmers will learn how to:

- Jump into shallow and deep water
- Tread water
- Perform a sitting dive, kneeling dive and standing dive

### Level 7: Breaststroke

Swimmers will learn the following skills:

- Proper breaststroke kick
- Proper breaststroke arm pull
- How to combine the breaststroke kick and arms with breathing

### Level 8: Butterfly

Swimmers will learn the following skills:

- Review butterfly (dolphin) kick
- Proper butterfly arm pull
- How to combine the butterfly kick and arms with breathing