



SWIM LESSON LEVELS

BEGINNER 1:

This session teaches basic water skills including: entry into the water, bubble blowing, rhythmic breathing (bobs), front float, front glide, beginner stroke, back float safety skills. The goal of this class is to push off the wall to the instructor and do the following: front float (5 seconds), front glide with kick 5 feet, beginner stroke 5 feet and float on back unassisted for 5 seconds. Depending on students learning the following skills may be learned: hold breath and fully submerge head, retrieve objects from chest deep water, back float (5 seconds), leveling off from vertical position, flutter kick with board, turning over from front to back.

BEGINNER 2:

This session teaches beginner freestyle and beginner backstroke development skills. These skills include freestyle stroke with side breathing, back stroke, elementary backstroke kick, treading water, and standing dives. The goal of this class is to swim crawl stroke with side breathing (15 yds), elementary back stroke kick (10 yds), back stroke, 15 yds, tread water 30 seconds.

BEGINNER 3:

This session focuses on increasing endurance by swimming familiar strokes (elementary back, front crawl and back crawl) for greater distances. Students will also have an introduction: breaststroke sidestroke Standing front dive The goal is to complete the following skills: Deep water bobs, standing dives, elementary backstroke (10 yds), sculling on back (15 seconds), front crawl (25 yds), breaststroke kick (10 yards), scissor kick (10 yds), and treading water for 2 minutes.

INTERMEDIATE:

At this level, students perform the breaststroke, sidestroke and increase distances of front crawl and back crawl. Students begin to polish strokes with ease, efficiency, power and smoothness over greater distances. Students will be introduced to butterfly, open turns, and flip turns. The goal is to complete the following skills: breaststroke (10 yds), sidestroke (10 yds), swimming underwater (3 body lengths), elementary backstroke (25 yards), dolphin kick (10 yds), front crawl (50 yds), back crawl (50 yds), and perfect the standing front dive.