

# GUIDE to SWIM LESSON LEVELS



## Preschool Levels Ages 3-5 years

**Starfish Level 1** There are no prerequisites for this course. The objective of Level 1 is to help children feel comfortable in the water and to enjoy the water safely. Learn to put head in water, float and begin to swim on front and back with support.

**Guppy Level 2** Children entering this course must have a Starfish certificate or be able to demonstrate all completion requirements from Level 1 (put head in water and doggie paddle by self). The objectives of Level 2 are to build upon the skills learned in Level 1 and give children success with fundamental skills, such as swimming and floating on face and back and an introduction to deep water.

**Penguin Level 3** Children entering this course must have a Guppy certificate or must be able to demonstrate all the completion requirements from Level 2 (swim to the flags on face and back). The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice, including breathing, backstroke, work on swimming to the rope, and deep-water swimming.

**Sea Squirt Level 4** Children entering this course must have a Penguin certificate or must be able to demonstrate all the completion requirements from Level 3. The objective of Level 4 is to build on the skills in Level 3 by providing additional guided practice on freestyle and backstroke and introducing butterfly skills and breaststroke, and diving.

## Youth Levels Ages 6-12 years

**Jellyfish Level 1** There are no prerequisites for this level. The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. Learn to put head in water, float and begin to swim on front and back with support.

**Seahorse Level 2** Participants entering this course must have a Level 1 certificate or must be able to demonstrate all the completion requirements of Level 1 (put head in water and doggie paddle by self). The objective of Level 2 is to give participants success with fundamental skills such as swimming and floating on face and back and an introduction to deep water.

**Otter Level 3** Participants entering this course must have a Level 2 certificate or must be able to demonstrate all the completion requirements in Level 2 (be comfortable in deep water and able to swim half the length of the pool). The objectives of Level 3 are for participants to learn the survival float, the elementary backstroke and to coordinate the front crawl and backstroke. They are introduced to the scissors kick and the dolphin kick and build on the fundamentals of treading water. Participants also learn rules for headfirst entries and begin to learn to enter the water headfirst from the side of the pool.

**Seal Level 4** Participants entering this course must have a Level 3 certificate or must be able to demonstrate all the completion requirements in Level 3 (swim one length of pool freestyle and one length backstroke). The objectives of Level 4 are to develop confidence in the strokes learned thus far and to improve other aquatic skills. Participants improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances. Students also continue to build upon the scissors kick and dolphin kick by adding the arms for sidestroke and butterfly. The breaststroke is introduced in Level 4, as well as the basics of turning at a wall.

**Dolphin Level 5** Participants entering this course must have a Level 4 certificate or must be able to demonstrate all the course requirements in Level 4. The objectives of Level 5 are to coordinate and refine strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.