

Level 1

- Never turn your back to other students. Watch students always while in the water.
- You need to get wet for them to get wet
- Eye to eye level with a student
- Allow them to splash & anything to get them to enjoy the water. Have fun!
- No goggles

Skills Taught

- Moving in the water, jumping
- Blowing bubbles (with nose and mouth), getting one ear wet
- Submerging face in the water (eyes, nose, and mouth)
independently
- Holding and releasing a breath
- Can submerge under water (head and body)

Graduating Goals:

- 10 relaxed head bobs

What to look for:

- Inhaling when head is out of water (no exhaling)
 - Bubbles are blown underwater slowly
 - Comfortable in water
 - Go underwater 5 -10 seconds comfortably
- **They should be ready to learn to float****

Level 2

- Never turn your back to other students. Watch students always while in the water.
- You need to get wet for them to get wet
- Eye to eye level with a student
- Goggles optional

Skills Taught

- Get them comfortable on front float- build confidence first
- Back floats- give support to start and slowly take away supports
- Front float with recovery
- Back float with recovery
- Assisted streamline kicking front and back
- Once they mastered front and back floats and glides, introduce doing
- Freestyle arms with no breathing

Graduating Goals:

- Front glide with recovery for five seconds
- Back glide with recovery for five seconds
- Five strokes Catch Up Freestyle-no breathing
- Flutter kick with board for five seconds

What to look for:

- When gliding, arms are straight, head tucked between them
- Bubbles while face is in the water

Level 3

- Never turn your back to other students. Watch students always while in the water.
- Eye to eye level with a student
- Goggles required

Skills Taught

- Beginning backstroke
- Treading water for 5 or more seconds without touching bottom
- Learn to kick with board; warm up kicking
- On kick board, side breathing (ear to shoulder) one goggle in, one out
- Start freestyle arm circles with no breathing
 - They should get them all the way out of the water and focus on catch-up
 - Top of head should be underwater

Graduating Goals:

- 15 yard streamline front kick
- 15 yard streamline back kick
- Kick board breathing
- Top of head in water freestyle-slowly teach breathing
- Back arms
- Catch-up freestyle with some side breathing

What to look for:

- When gliding, arms are straight, head tucked between them
- Kicks quick and close, legs long and straight

Level 4

- Never turn your back to other students. Watch students always while in the water.
- Eye to eye level with a student
- Goggles required

Skills Taught

- Underwater streamline
- Kick on board warm up breathing
- Students should be working on breathing on a regular basis keeping top of head down on the breath
- 3 stroke stretch - breath
- Freestyle arms without catch up
- Working to achieve 25 yards without stopping front/back

Graduating Goals:

- 3 stroke stretch- breath drill ½ way across pool

What to look for:

- Elbows are high
- Head is turned to the side to breathe (head is not coming up or looking forward)
- Kicks are continuous and strong

What to look for:

- Head is down. Bubbles are exhaled
- Hands “zip up” the side of the body past ear and arm is extended with relaxed wrist
- Swim 25 yards without stopping
- Streamline Underwater

Level 5

- Never turn your back to other students. Watch students always while in the water.
- Eye to eye level with a student
- Fins/kickboards/goggles
- If you have swimmers going all the way across the pool, meet them on the other side for additional instruction

Skills Taught

- Freestyle- breathing every third stroke
- Swim backstroke full length of pool
- Increased focus on stamina working towards swimming full length of pool

Graduating Goals:

- Underwater streamline

3 stroke stretch- breath drill for 15 yards

What to look for:

- Elbows are high, head is turned to one side to breathe (head is not coming up)
- Kicks are continuous and strong

Freestyle without breathing for 10 strokes

What to look for:

- Head is down, bubbles are exhaled
- Hand “zips up” the side of the body, past the ear and arm is extended with a relaxed wrist

Kicking on a board for 25 yards (kickboard close to chest on back)

What to look for:

- The swimmer is holding the front of the board with their head out of the water
- Body is streamlined and not riding on top of the board
- Kicks are quick and close, legs long and straight, kicking on back

Level 6

- Never turn your back to other students. Watch students always while in the water.
- Eye to eye level with a student
- Fins/kickboards/goggles
- If you have swimmers going all the way across the pool, meet them on the other side for additional instruction

Skills Taught

- Always start with freestyle & backstroke warm up (level 5)
- Learning breaststroke and butterfly kicks
- Underwater dolphin kicking in a streamline while swimming freestyle and backstroke

Graduating Goals:

Butterfly Kick

- Keeping both feet together
- Using hips, not knees

Breaststroke Kick

- With feet, heels in- out-together (consistently)
On the wall or kickboard

Level 7

- Never turn your back to other students. Watch students always while in the water.
- Eye to eye level with a student
- Fins/kickboards/goggles

Skills Taught

- Introduction to butterfly and breaststroke
- Continue the development of proper freestyle and backstroke techniques
- Beginning to swim breaststroke and butterfly
- Continuing skills taught in level 6

Graduating Goals:

Butterfly:

- Kick, kick, pull (while breathing)
- 8-10 strokes unassisted

Breaststroke:

- Two kicks per pull
- One kick per pull