Youth Group Swim Lesson - Level Descriptions

**Toddler (ages 2-3):** This class is an orientation to the aquatic environment. It helps children feel comfortable in the water with the help of their parent.
- Exploring the pool
- Being passed between adults
- Playing with water toys
- Blowing bubbles
- Kicking with parent
- Arm movement
- Laying on back in the water

**Preschool (ages 3-5):** This is an introductory level and is designed to making swimmers comfortable in the water without a parent. It focuses on teaching them how to have fun and stay safe.
- Orientation to the aquatic environment without parent
- Entering & exiting the water using ramps, steps or side
- Enter water by jumping in
- Fully submerging/Bobbing
- Putting face in while swimming
- Front and back float
- Front and back glide
- Recover from a back float or glide to a vertical position
- Change direction of travel while swimming on front or back
- Tread water (arm and leg actions)
- Combined arm and leg actions on front and back
- Finning arm action on back

**Level 1 (ages 6-9):** This level focuses on the most basic skills of learning how to swim and feeling comfortable in the water.
- Enter and Exit water using a ramp, steps or side
- Front and back floats and glides recovering to vertical position
- Submerge whole head- Bobbing (5 times)
- Open eyes under water and retrieve submerged objects
- Combined arm and leg actions on front and back
- Tread water using arm and hand actions
- Alternating and Simultaneous leg and arm actions on front and back

**Level 2 (ages 6-9):** This level enables children to gain greater independence in the water by achieving success with fundamental skills.
- Jump into water without being caught
- Fully submerge entire head for 3 seconds- Bobbing 10 times
- Open eyes under water and retrieve submerged object
- Rotary breathing
- Front and Back floats and glides recovering to vertical position after 10-15 seconds/5 yards
- Change direction of travel while swimming on front or back
- Combined arm and leg action on front and back (freestyle/backstroke)

**Level 3 (ages 6-9):** This level is a continuation of building on skills learned in level 2 and gaining comfort in greater water depths.
- Jumping into deep water from the side, submerge and return to the surface then the side
- Perform rotary breathing with the body in a horizontal position
- Head first entry from seating or kneeling position
- Streamline off wall and begin kicking
- Freestyle- 15 yards
Backstroke - 15 yards
Elementary backstroke - 15 yards
Retrieving objects from underwater
Back float for 1 minute
Treading water for 1 minute
Breaststroke and dolphin kick

**Level 4 (ages 8-11):** In this level swimmers develop more variety of strokes and improve on those learned previously.
Head first entry into deep water from standing position
Swim underwater
Tread water using 2 different kicks
Freestyle - 25 yards
Backstroke - 25 yards
Elementary backstroke - 25 yards
Breaststroke - 15 yards
Butterfly - 15 yards
Open turns on front and back
Flutter and dolphin kick on front and back
Push off in streamline position on front and back and begin kicking

**Level 5 (ages 8-11):** This level furthers swimmers' stroke refinement and works towards gaining confidence in each individual stroke.
Shallow angle dive into deep water
Surface dive
Tread water for 5 minutes (2 minutes using legs only)
Sculling
Freestyle - 50 yards
Backstroke - 50 yards
Elementary backstroke - 50 yards
Breaststroke - 25 yards
Butterfly - 25 yards
Sidestroke - 25 yards
Front flip turn
Backstroke flip turn

**Level 6 (ages 8-11):** This class is focused on improving techniques of all strokes as well as building endurance. This is the most advanced level offered.
Diving from starting blocks
Surface dive and retrieve an object 7-10 feet deep
Freestyle - 100+ yards continuous
Backstroke - 100+ yards continuous
Elementary backstroke - 100+ yards continuous
Breaststroke - 50 yards
Butterfly - 50 yards
Sidestroke - 50 yards
Open and front/backstroke turns while swimming
Treading water
Refine each stroke to swim with ease and efficiency over a distance