

Swim Lessons – How to correctly assess your child in a swim level?

This guide is a written description of the different levels of Swim instruction. Please note that because of safety concerns, we do not guarantee that your child will remain in the level that you sign them up for. Our lead swim instructor uses their years of experience to assess and place your child within the level that will allow them to succeed and grow as a swimmer.

Level 1:

Beginner level. Students who CANNOT completely submerge. Students will work on the following skills:

- Gain confidence in the water
- Completely submerge under water
- Bobbing with complete submersion
- Float on front and back with support
- Use arms and legs to swim on front and back with support
- Basic water safety skills in and around the water
- How to get help

Level 2:

Students who CAN completely submerge and have completed level 1 skills. Level 2 students will work on the following skills:

- Holding breath under water for 5 seconds
- Bob in chest deep water
- Open eyes under water
- Float on front and back without support
- Roll over from front to back/back to front without support
- Swim on front and back for approx. 5 body lengths without support
- Tread water in chest deep water for 15 seconds
- Basic water safety skills in and around the water
- How to get help

Level 3:

Students who can completely submerge, swim a short distance on their front and back and have completed level 2 skills. Level 3 students will work on the following skills:

- Bobbing to safety from deeper water
- Rotary breathing
- Survival floating and swimming
- Changing position from front to back and back to front in deep water
- Treading water in deep water
- Front crawl with rotary breathing ,15 yards
- Elementary backstroke for 15 yards
- Scissor kick, 10 yards
- Basic water safety skills in and around the water
- How to get help

Level 4:

Students who can swim on their front and back in chest deep water, are ready to explore more strokes and deeper water and have completed level 3 skills. Level 4 students will work on the following skills:

- Swim underwater 3-5 body lengths
- Surface dives in deep water
- Survival swimming in deep water
- Treading water in deep water
- Dolphin kick
- Front crawl with rotary breathing in deep water, 25 yards
- Elementary backstroke in deep water, 25 yards
- Breaststroke in deep water, 15 yards
- Butterfly in deep water, 15 yards
- Back crawl in deep water, 15yards
- Sidestroke in deep water, 15 yards
- Water safety skills in and around the water
- How to get help

Level 5:

Students who are comfortable in deep water. They can swim with their face in the water on their front, are comfortable swimming on their back and have completed level 4 skills. Level 5 students will work on the following skills:

- Shallow dives
- Surface dives in deep water
- Treading water for 5 minutes in deep water
- Front crawl with rotary breathing in deep water, 50 yards
- Elementary backstroke in deep water, 50 yards
- Butterfly in deep water, 25 yards
- Breaststroke in deep water, 25 yards
- Back crawl in deep water, 25 yards
- Sidestroke in deep water, 25 yards
- Standard sculling in deep water, 30 seconds
- Water safety skills in and around the water
- How to call for help, Importance of CPR and FA

Level 6:

Advanced level. Students who are comfortable in deep water and have completed level 5 skills. Level 6 students will work on the following skills:

- Front crawl in deep water with rotary breathing, 100 yards
- Elementary backstroke in deep water, 100 yards
- Back crawl in deep water, 50 yards
- Breaststroke in deep water, 50 yards
- Sidestroke in deep water, 50 yards
- Butterfly in deep water, 50 yards
- Surface dives in deep water
- Treading water in deep water, 5 minutes with different kicks
- Treading water in deep water, kick only, 2 minutes
- Back float in deep water, 5 minutes
- How to call for help, importance of CPR and FA
- Water safety skills in and around the water
- Caring for a conscious choking victim