



Swim Instruction Level Expectations & Guidelines



LEVEL 1: Introduction to Water Skills:

The purpose is to help students feel comfortable in the water and to enjoy the water safely.

Learning objectives:

1. Enter and exist the water safely using a ladder, steps or side of the pool
2. Encourage your child to submerge, mouth, nose and eyes
3. Encourage your child to exhale underwater (blow bubble) through mouth and nose, for 3 seconds.
4. Teach your child to open eyes underwater, pick up a submerged object held at arms length (2 times).
5. Teach your child to float with support. Your child should be face down, face can be to the side or in water, you support by holding arms and support child for 5 seconds each time.
6. While floating face down, teach child to regain into standing position.
7. Teach your child to float with support on back for 5 seconds at a time and the again regain into standing position with support.
8. While supporting your child, encourage them to roll from a face down float to a back float as much as they are comfortable.
9. Explore hand and arm movements. Play games "swim like fish" while teaching
10. While supporting your child, allow the child to swim on front using any combination of arm and leg actions for 5 feet
11. While supporting your child, allow the child to swim on back using any combination of arm and leg action for 5 feet.
12. Discuss water safety rules with your child, such as never go into water allow or without Mom or Dad.
13. Show your child what a life jacket is and how to put one on.
14. Remind your child how to get help if they need it. Call 911. Get Mom or Dad. etc...

LEVEL 2- Fundamental Aquatic Skills

The purpose is to build students success with fundamental skills

Learning objectives:

1. Exit water using ladder
2. Float on front and back
3. Roll over from front to back
4. Move in the water with life jacket
5. Tread Water
6. Explore swimming on side
7. Open eyes under water
8. Glide on front and back
9. Perform rhythmic breathing

By the end of this Level your child should be able to:

- Enter water by stepping or jumping from the side
- Exit water safely using ladder or side
- Submerge entire head, 5 seconds
- Bob, 5 times
- Open eyes underwater, pick up a submerged object, 3 times in shallow water
- Front float for 5 seconds
- Recover from front float to a standing position
- Front glide, 2 body lengths
- Back float 5 seconds
- Back glide 2 body lengths
- Change direction of travel paddling on front or back
- Roll over from front to back
- Roll over from back to front
- Tread water using arm and leg motion
- Combined arm and leg actions on front, 15 feet
- Finning arm action on back 10 feet
- Sculling arm action on back 10 feet

LEVEL 3- Stroke Development

The purpose is to build on previously learned skills by providing additional guided practice while teaching basic swim stroke skills which include survival float, treading water, front crawl and elementary backstroke, introduction to scissors and dolphin kick.. You introduce the scissors and dolphin kicks and build on the fundamentals of treading water. Participants also will learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside (if the water is 9 feet deep or deeper).

Learning objectives:

1. Jump into deep water from the side
2. Perform rotary breathing
3. Perform butterfly kick and body motion
4. Change from vertical to horizontal position
on front and back
5. Dive from sitting or kneeling position (in water 9 feet or more)
6. Survival float
7. Perform HELP and huddle positions
8. Submerge fully and retrieve objects (weighted items)
9. Swim front crawl
10. Perform reaching assists (may use foam noodles, pull buoys or flotation devices)
11. Bob with head fully submerged
12. Swim back crawl
13. Use Check-Call-Care in an emergency

Level 4- Stroke Improvement

The purpose is to develop confidence in the skills learned and improve on swim stroke development so that the participant can be an efficient and well-balanced swimmer.

Learning Objectives:

1. Dive from compact or stride position
2. Swim breaststroke
3. Tread water using sculling arm motions and kick
4. Swim underwater
5. Swim elementary backstroke
6. Use safe diving rules
7. Perform throwing assists
8. Perform feet-first surface dive
9. Swim on side using scissors kick
10. Care for conscious choking victim
11. Coordinate butterfly
12. Perform open turns on front and back
13. Perform compact jump into water from a height while wearing life jacket

By the end of this level your child should be able to:

- Perform a feet-first entry into chest-deep water
- Swim front crawl for 35 yards
- Maintain position on back 1 minute in deep water (float or sculling)
- Swim elementary backstroke for 15 yards.
- Swim breaststroke 15 yards
- Tread water for 1 minute
- Swim back crawl 25 yards.