

## Parent / Tot Aquatics – age 6mos-3years

This is an overview of major skill requirements for each level. Additional skills will be required in classes for level completion.

### Level 1

Getting wet with toys and kicking  
Enter water by lifting in and walking in  
Out-of-water and in-water exploration  
Exit water by lifting out and walking out  
Blowing bubbles on the surface  
Blowing bubbles with mouth and nose submerged  
Underwater exploration  
Submerging mouth, nose and eyes  
Front and back floats and glides  
Roll from front to back and back to front  
Passing from instructor to parent  
Leg actions on front and back  
The importance of wearing a life jacket  
Basic water and sun safety

### Level 2

Enter water in a seated position and by rolling over from a seated position and sliding in  
Enter water by stepping in, jumping in and using a ladder or stairs  
Exploring the pool – in shallow water  
Using the side of the pool and a ladder to exit  
Opening eyes and retrieving objects below the surface  
Opening eyes and retrieving submerged objects  
Bobbing  
Front and back floats and glides  
Front glide to the wall  
Roll from front to back and back to front  
Passing between adults  
Alternating or simultaneous leg actions on front and back  
Alternating or simultaneous arm actions on front and back  
Combined arm and leg actions on front with breathing  
Combined arm and leg actions on back  
Wearing a life jacket in the water  
Basic water and sun safety

## Preschool Aquatics – age 4-5

This is an overview of major skill requirements for each level. Additional skills will be required in classes for level completion.

### Level 1

Enter water using ladder, steps or side  
Exit water using ladder, steps or side  
Blowing bubbles through mouth/nose, 3 seconds  
Submerging mouth, nose and eyes  
Opening eyes underwater  
Pick up a submerged object  
Front glide 2 body lengths  
Recover from a front glide to vertical position  
Back float 3 seconds  
Recover from a back float to a vertical position  
Roll from front to back  
Roll from back to front  
Treading with arm and hand actions  
Alternating leg action on front  
Simultaneous leg action on front  
Alternating arm action on front  
Simultaneous arm action on front  
Combined arm and leg action on front  
Alternating leg action on back  
Simultaneous leg action on back  
Alternating arm action on back  
Simultaneous arm action on back  
Combined arm and leg action on back  
Safety Topics

### Level 2

Enter water by stepping in  
Exit water using ladder, steps or side  
Bobbing  
Opening eyes underwater  
Pick up submerged objects  
Front float 3 seconds  
Front glide 4 yards  
Recover from a front float or glide to a vertical position  
Back float 5 seconds  
Back glide 4 yards  
Recover from a back float or glide to a vertical position  
Roll from front to back  
Roll from back to front  
Treading using arm and leg actions 5 seconds  
Combined arm and leg actions on front 6 yards  
Finning arm action on back 6 yards  
Combined arm and leg actions on back 6 yards  
Safety Topics

### Level 3

Enter water by jumping in  
Fully submerge and hold breath  
Bobbing in chest deep water  
Front float 5 seconds . Jellyfish float 5 seconds . Tuck float 5 seconds  
Recover from a front float or glide to vertical position  
Back float 15 seconds . Back glide 3 yards  
Recover from a back float or glide to a vertical position . Change direction or travel while swimming on front or back  
Treading water using arm and leg action 15 seconds  
Combined arm and leg actions on front 10 yards  
Finning arm action on back 10 yards  
Combined arm and leg actions on back 10 yards . Safety Topics

# Learn to Swim Level Requirements – age 6-13

This is an overview of major skill requirements for each level. Additional skills will be required in classes for level completion.

## Level 1: Intro to Water Skills

Demonstrate independent water entry/exit  
Submerge mouth, nose, & eyes  
Exhale underwater (bubbles) thru mouth/nose  
Open eyes underwater  
Pick up a submerged object held at arms length  
Front float w/ face in or out of water w/ support  
Recover to stand from front float w/ support  
Back float comfortably with support  
Recover to stand from back float w/support  
Change direction while walking or paddling  
Roll over front/back & back/front with support  
Treading arm movements in chest deep water  
Alternating arm/leg action, 5 ft with support  
Simultaneous arm/leg action, 5 ft with support  
Combined stroke on back using any arm action  
Safety Topics

## Level 3: Stroke Development

Jump into deep water w/o floatation  
Sitting and compact dive  
Deep water bobbing  
Rotary breathing w/ body in horizontal position  
Front Glide using 2 different kicks 2 body lengths  
Rotary breathing in horizontal position  
Survival float 30-seconds  
Back Glide using 2 different kicks 2 body lengths  
Change from vertical/horizontal & front/back in deep  
Tread Water 30-seconds  
Front Crawl 15 yard  
Butterfly – kick & body motion 15 yards  
Back Crawl 15 yards  
Elementary Back Stroke 15 yards  
Scissors kick 10 yards  
Safety Topics

## Level 5: Stroke Refinement

Shallow dive from side & begin stroke  
Shallow angle dive from side & begin stroke  
Underwater swim 15 yards  
Tuck & Pike Surface Dive submerging completely  
Survival Float 2-minutes  
Back Float 2-minutes  
Front & Back Flip turns while swimming  
Tread Water using 2 kicks, 5-minutes  
Front Crawl 50 yards  
Butterfly 25 yards  
Breaststroke 25 yards  
Back Crawl 50 yards  
Elementary Backstroke 50 yards  
Side Stroke 25 yards  
Standard scull 30 seconds  
Safety Topics

## Level 2: Fundamental Aquatic Skills

Enter water stepping /jumping from side  
Submerge entire head and holding breath  
Blow bubbles in rhythmic pattern (bobs)  
Open eyes underwater, pick up submerged object  
Front float w/ face in water unsupported  
Recover to stand from front float position  
Front glide 2 body lengths  
Jellyfish float for 5-seconds  
Unsupported back float for 5-seconds  
Back glide 2 body lengths  
Change direction while paddling on front./back  
Roll over front/back & back /front unsupported  
Unsupported treading arm/leg movements chest deep  
Finning and Sculling arm action 10 ft, unsupported  
Combined arm/leg actions on back, 15 ft.  
Alternating leg & arm action on side 5ft w/ support  
Safety Topics

## Level 4: Stroke Improvement

Dive from side in compact and stride position  
Underwater swim, 3 body lengths  
Feet first surface dive  
Survival float 30 seconds  
Back float 1-minute  
Open turn on front/back & glide 2 body lengths  
Tread water 2-minutes using two different kicks  
Front Crawl 25 yards  
Breaststroke 15 yards  
Butterfly 15 yards  
Back Crawl 25 yards  
Elementary Backstroke 15 yards  
Sidestroke 15 yards  
Flutter kick on back 15 yards  
Dolphin kick on back 15 yards  
Safety Topics

## Level 6: Swimming and Skill Proficiency

Front Crawl 100 yards  
Elementary Backstroke 100 yards  
Back Crawl 50 yards  
Breaststroke 50 yards  
Sidestroke 50 yards  
Butterfly 50 yards  
Front/Back Crawl & Sidestroke open turns while swimming  
Front/Back Crawl flip turns while swimming  
Breaststroke & Butterfly turns while swimming  
Circle Swimming  
Feet-first, Pike & Tuck Surface Dive  
Using a pace clock  
Using paddles while swimming 25 yards  
\*Fitness Swimmer  
\*Personal Water Safety

## Ready, Set, Swim – age 3

This NEW class has been developed for “INDEPENDENT” swimmers ready to advance beyond Parent/Tot. Children must be toilet trained, have had previous swimming experience and the ability to participate in a class without a parent present.