

2021 Maslowski Wellness & Research Center

Swimming Lesson Levels

Learn to Swim Program

Ages 6-17

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps swimmers of varying ages and abilities develop their water safety, survival, and swim skills.

Level 1 (Intro to Water Skills)

Beginning at age 6, unless successfully passing Preschool Aquatics. The purpose of Level 1 is to orient participants to the aquatic environment and help them gain basic aquatic skills as well as help them begin to develop positive attitudes and safe practices around the water.

- Enter and exit water using ramp, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous arm and leg actions on front and back
- Combined arm and leg actions on front and back
- Age-appropriate water safety topics

Level 2 (Fundamental Aquatic Skills)

In Level 2, participants build on basic skills and concepts learned in Level 1 including opening eyes underwater to retrieve objects, changing directions of travel in water, and the beginning steps of treading water, and:

- Enter water by stepping or jumping from the side
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Rotary breathing
- Front, jellyfish and tuck floats
- Back and front glide and recover to a vertical position
- Roll from front to back and back to front
- Combined arm and leg actions on front and back
- Finning arm action
- Age-appropriate water safety topics

Level 3 (Stroke Development)

In Level 3, participants build on skills learned in Levels 1 and 2 to help them achieve basic water competency.

Participants perform skills in deep water (floats/treading) for longer periods of time and refine Front Crawl/Back Crawl technique as well as learn basics in the Breaststroke and Elementary Backstroke, Sidestroke, and Butterfly

- Enter water by jumping from the side, fully submerge then recover to the surface and return to the side
- Bobbing while moving toward safety
- Rotary breathing
- Back float, survival float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter and dolphin kicks on front
- Scissors and breaststroke kicks
- Front crawl and elementary backstroke
- Age-appropriate water safety topics

Level 4 (Stroke Improvement)

In Level 4, participants improve proficiency in performing swimming strokes that have been introduced in previous levels. With this, participants begin swimming the full-length of the pool.

- Feet-first entries from the side in compact and stride positions
- Swim underwater
- Feet first surface dive
- Survival swimming
- Open turns on front and back
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Age-appropriate water safety topics

Level 5 (Stroke Refinement)

Level 5 helps participants' refine their performance of all six swimming strokes (Front/Back Crawl, Butterfly, Breaststroke, and Elementary Backstroke & Sidestroke). Participants also learn how to maneuver in deep water with surface dives, floats, and treading water for more time as well as swimming multiple lengths of the pool consecutively.

- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly
- Sculling
- Age-appropriate water safety topics

Level 6 (Skill Proficiency)

Level 6 refines strokes so participants can swim for efficiency and over longer distances. Participants will swim strokes for multiple consecutive lengths, learn correct turn methods for each stroke, surface dive to retrieve objects from the bottom of the pool and advanced water survival skills.

**2021 Verndale Public School
Swimming Lessons Registration Form**

June 21st – July 1st, 2021

Monday – Thursday

3:00pm – 4:00pm

Maslowski Wellness & Research Center

Student Information

1) Student's Name: _____ Sex: M ___ F ___

DOB: ___/___/___ Age: ___ Last Level taken: _____ Current level: _____

Medical conditions/comments that instructor needs to know:

Does student need bus transportation: Yes ___ No ___

2) Student's Name: _____ Sex: M ___ F ___

DOB: ___/___/___ Age: ___ Last Level taken: _____ Current level: _____

Medical conditions/comments that instructor needs to know:

Does student need bus transportation: Yes ___ No ___

3) Student's Name: _____ Sex: M ___ F ___

DOB: ___/___/___ Age: ___ Last Level taken: _____ Current level: _____

Medical conditions/comments that instructor needs to know:

Does student need bus transportation: Yes ___ No ___

Contact Information

Parent/Guardian Name: _____

Main Phone: _____ Address: _____

City: _____ State: _____ Zip: _____

Email: _____

