





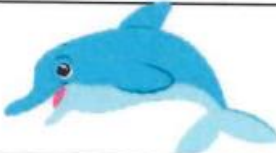





Group Swim Lesson Levels for 2024

Preschool age 3,4,5 Youth age 6-12 Group Size? Up to 4 in a class

The skills below are what the swimmer needs to pass in order to move up to the next class.

Preschool 1	Preschool 2	Preschool 3	Preschool 4	NEW! Preschool 5
				
Breath control awareness Humming (breath control) 3 Bobs (face in water) Back float with assistance Front Float with assistance Float and roll with assistance Back Glide with assistance Front glide with assistance Intro to kicking Intro to arm strokes	5 Bobs (head under water) Front & Back Float w/out assistance Front & Back Glide w/out assistance Swim Float Swim - 5 ft Finning on back, intro to Elem. Backstroke Jump in & return to the side w/assistance Bobbing to Safety Introduction to Crawlstroke Introduction to Treading Water Retrieve toy from bottom of pool	<i>Once passed, 6 y/o advance to Y 2</i> 10 Bobs Front Float w/out assistance - 10 sec Back Float w/out assistance - 10 sec Front Glide w/out assistance - 7ft Back Glide w/out assistance - 7ft Crawl stroke w/ side breathing - 5ft Elementary Back & Back Crawl - 5ft Jump in & return to the side unassisted Tread water 5 seconds	<i>Once passed, 6 y/o advance to Y 3</i> 15 Bobs Crawl stroke with side breathing - 7ft Elementary Backstroke - 7ft Intro to Breaststroke Swim underwater - 5ft Tread water - 15 sec Jump in deep & return to the side w/o A Front glide w/kick, roll on back, float and stand without assistance	Crawl stroke with side breathing - 15 ft Introduction to bilateral breathing Elementary Backstroke - 15 ft Backstroke (back crawl) - 15 ft Breaststroke - 10 ft Swim underwater - 10 ft Tread water - 30 seconds Jump in, tread 10, swim back to wall U/A Introduction to sidestroke Safety skills
Youth 1	Youth 2	Youth 3	Youth 4	Stroke Refinement
				
5 Bobs Front Float w/out assistance Back Float w/out assistance Front Glide w/out assistance Back Glide w/out assistance Crawl stroke - 5ft Intro to side breathing - SFS Backstroke - 5ft Retrieve item from bottom of pool Intro to treading water	15 Bobs Bobbing to Safety Crawl stroke with side breathing 7-10ft Backstroke (back crawl) 7-10ft, Elementary Backstroke - 10 ft Intro to Breaststroke kick & stroke Swim underwater - 5ft Tread water - 15 sec Jump into deep water and return to wall without assistance	Crawl stroke w/ side breathing - 10 yds Elementary Backstroke - 10 yds Backstroke (back crawl) - 10 yds Breaststroke - 5 yds Swim underwater - 10 ft Tread water - 30 sec Introduction to dolphin kick Change direction while swimming	Crawl stroke w/ side breathing - 25 yds Backstroke (back crawl) - 25 yds Elementary Backstroke - 25 yds Breaststroke - 10 yds Tread water - 1 min Safety Skills Introduction to Butterfly Introduction to open turns Introduction to bilateral breathing Introduction to Sidestroke	Crawl stroke w/ bilateral breathing Backstroke w/ correct rotation Breaststroke w/ glide and separation between pull & kick (proper timing) Intro to breaststroke underwater pull-out Butterfly w/ properly timed breathing Open turns & Introduction to flip turns Underwater streamline, front & back Swim front crawl 37 yards Swim backstroke 37 yards