

During the first lesson, instructors will evaluate student skill levels to ensure they are registered in the correct program. If a student is better suited to a different level, the instructor will discuss this with their parents/guardians.

Instructors are trained to recognize when students are ready for the next level, and will do everything in their power to make each student succeed. Every student progresses at their own pace and repeating a level is not a cause for concern. Most students have to repeat a level at least one time.

If lessons need to be cancelled for any reason, we will contact parents/guardians as soon as possible. Please provide accurate contact information on the registration forms.

### **Level I: Introduction to Water Skills**

In this level, students will learn how to enter and exit the water safely. Students will submerge their face and open their eyes under the water to see objects. The student will learn to float on their stomach and back while being supported and learn how to change position in the water using their arms and legs.

### **Level II: Fundamental Aquatic Skills\***

In this level, students will submerge their entire head under the water while learning breath control. Students will learn to float on their stomach and back, as well as arm and leg movements for unassisted swimming. Before enrolling in this level, the student should be able to travel unassisted about 5 yards, glide, roll to a back float, and recover with some assistance.

\*Please keep in mind that Level II is the most difficult level to pass. Students must be able to swim on their own for 10 body lengths without assistance. Students will NOT be passed if they cannot sustain themselves in the water and are still timid at submerging their entire head.

### **Level III: Stroke Development**

Once the student can swim on their own, they will learn the fundamentals of different strokes. Level III introduces elementary backstroke, the front crawl and the butterfly kick. Students will also learn to tread water effectively, kick on their side, and the fundamentals of diving. Prior to enrolling in this level, the student must be able to swim on their own at least 10 body lengths, float on front and back, roll, and safely enter/exit the water.

## **Level IV: Stroke Improvement**

In Level IV, students will learn breaststroke, backstroke, and the arm movements for sidestroke and butterfly. Students will learn open turns to change directions at the wall and continue to increase their endurance. Diving technique will be further developed. Before starting this level, student must be able to swim front crawl 15 yards with face in water and using rhythmic breathing, swim elementary back stroke, and tread water.

## **Level V: Stroke Refinement**

Students will refine the various strokes that have been taught throughout the program. They will also learn flip turns and various types of dives (if facilities are available). Before starting this level, student must be able to swim front crawl, elementary back stroke, and breast stroke; change direction; and safely enter/exit deep water.

## **Level VI: Swimming and Skill Proficiency**

This class is for students who have successfully completed Level IV, or are interested in joining a competitive team. A basic knowledge of the four competitive strokes (i.e. front crawl, backstroke, breaststroke, and butterfly) is required. Students should be able to swim at least 25 yards independently (one length of the pool) and tread water for 1 minute.