

APGMWR- Pools-Swim Lesson Levels

The prerequisite for each level is the successful completion and/or demonstration of the skills from the preceding level, except for Level 1, which has no prerequisite. Each level of Learn-to-Swim Lessons includes training in basic water safety and helping a swimmer in distress, in addition to the skills outlined below:

Parent and Child Aquatics:

Purpose: is for children 6 months to 4 years of age who are not yet ready to be in swim lessons without a parent. The program builds swimming readiness while emphasizing fun in the water. Parents & children participate in several guided practice sessions that help children learn elementary skills, including bubble blowing, front & back kicking & floating and experience underwater exploration and more. Once children can perform basic skills without parental assistance, they may begin Learn-to-Swim courses.

Level 1: Introduction to Water Skills (ages 5-6)

Purpose: Helps students feel comfortable in the water. Level 1 participants learn to:

- Enter and exit water safely
- Submerge mouth (head) independently
- Exhale underwater through mouth and nose
- Open eyes underwater, pick up submerged object, at least 2 times
- Float on back with support
- Swim on front and back using arm/leg actions
- Rollover front to back, back to front w/support
- Explore arm and hand movements in chest-deep water
- Follow basic water safety rules, helping others
- Use a life jacket

Level 1 Exit Skills Assessment:

- 1) Enter unassisted, move 5 yards, bob 5 times to chin level, safety exit water;
- 2) Glide on front w/support for 3 seconds, assisted roll to float back, assisted float on back for at least 5 seconds.

Level 2: Fundamental Aquatic Skills (ages 5-8)

Purpose: Gives students independent success with fundamental skills. Level 2 participants learn to:

- Enter water independently, jumping from the side, in chest deep water
- Exit water safely using ladder or side
- Submerge entire head
- Rhythmic pattern of exhaling while head is submerged (bobs)
- Open eyes underwater, pick up a submerged object, at least 3 times in shallow water
- Float on front (10 seconds) and back (15 seconds) unsupported
- Perform front and back glide, 2 body lengths
- Roll over from front to back, back to front
- Treading using arms and legs unsupported in chest-deep water
- Water safety rules, helping others, swim while wearing a life jacket

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Level 2 Exit Skills Assessment: 1) Without assistance, step from side into chest-deep water, and move into float for 15 seconds. Swim on front or back 5 body lengths. 2) Push off & swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

Level 3: Stroke Development (ages 6-10)

Purpose: Builds on skills from Level 2 & develops strokes through additional guided practice. Level 3 participants learn:

- Jump into deep water from the side
- Perform survival float & back float at least 30 seconds
- Perform front & back glide w/2 different kicks
- Use rotary breathing in horizontal position
- Perform front and back crawl, 15 yards, Elementary Backstroke 15 yards
- Perform the HELP and Huddle position
- Change from horizontal to vertical position on front and back
- Water safety rules, perform a reaching assist

Level 3 Exit Skills Assessment:

1) Jump into deep water from the side, recover to the surface, maintain position by treading water or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off. Swim front crawl and /or elementary back stroke for 25 yards then exit water. 2) Push off in a streamline position, then swim front crawl for 15 yards, change positions and direction as necessary, swim elementary backstroke for 15 yards, then exit water.

Level 4: Stroke Improvement (ages 7-13)

Purpose: Develops confidence and strength to improve skills learned and introduces new aquatic skills.

Level 4 participants learn to:

- Swim underwater, 3 body lengths
- Survival swim, 1 minute
- Perform open turn front/back for front/back crawl
- Tread water using various kick, 2 minute
- Use safe diving rules, water safety rules, perform a throwing assist
- Perform jump wearing a life jacket
- Perform the following:
 - Front and back crawl, 15 yards
 - Breaststroke & Elementary backstroke, 15 yards
 - Butterfly, 15 yards
 - Swim on side w/scissors kick, 15 yards

Level 4 Exit Skills Assessment:

1) Swim front crawl for 25 yards, and swim elementary backstroke for 25 yards.
2) Swim breaststroke for 15 yards, and swim back crawl for 15 yards. 3) Submerge and swim a distance of 3-5 body lengths underwater without hyperventilating.