

# Learn-to-Swim Levels and Skills

## Water Exploration

- Ages 6 – 36 months
- Accompanied by an adult
- Relax and enjoy the water through the use of songs, games and activities

## Water Tots - *\*Previous participation in Water Exploration is required.*

- Ages 2 – 4 years
- Accompanied by an adult
- Have fun and learn basic swimming skills
- The final two lessons break out into smaller groups to work on parent-child independence

## 1. Guppies – *\*Must be at least 2 ½ years old to participate in Guppies*

- Demonstrates independence from parent/guardian
- Safely participates in class, sits on wall or holds onto wall
- Takes turns
- Listens to instructor and comprehends
- Submerges mouth, nose, & eyes in water
- Blows bubbles
- Goes underwater (not forced)
- Relaxes in a front float with assistance
- Relaxes in a back float with assistance
- Introduction to front glides with assistance
- Introduction to back glides with assistance
- Jumps to instructor in shallow water (4ft) with assistance

## 2. Minnows

- Safely enters and exits the water independently
- Follows directions from instructor
- Goes under water by themselves (3-5 BOBs)
- Blows bubbles under water
- Practices straight leg kicking on front and back
- Paddles arms through water with support (beginning Freestyle)
- Front floats with less support (5 seconds)
- Back floats with less support (5 seconds)
- Front glide with partial support
- Back glide with partial support
- Goes underwater and retrieves ring (from stairs)
- Jumps to instructor in shallow water (4ft) independently

## 3. Jellyfish

- Submerges independently (5-7 bobs without holding nose)
- Masters straight leg kicks (flutter) on front
- Masters straight leg kicks (flutter) on back
- Floats on front independently (5 seconds)
- Floats on back independently (5 seconds)
- Front glides off wall at surface (face in water)
- Back glides off wall at surface (arms at side)
- Freestyle (3 strokes) (paddles arms through water independently with face in and straight leg kicks; able to take breath & continue swimming with 3 more strokes)
- Demonstrates Backstroke arms
- Demonstrates Elementary Backstroke arms
- Jumps off side in deep water (8ft) and returns to surface and side independently

## 4. Seahorse

- Demonstrates side breathing on wall or with kick board
- Performs Freestyle with side breathing and correct technique (5-7 strokes)
- Backstroke (5-7 strokes)
- Demonstrates Elementary Backstroke kicks
- Performs Elementary Backstroke arms and kicks (5-7 cycles)
- Performs sitting dive
- Safety skill: Resting float on back, roll over and swim
- Safety skill: Treading water with support (15 seconds)

## 5. Lionfish

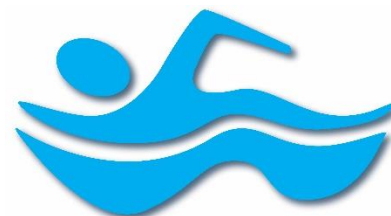
- Performs Freestyle with side breathing (to blue line)
- Performs Backstroke (to blue line)
- Performs Elementary Backstroke (to blue line)
- Demonstrates Breaststroke arms
- Demonstrates Breaststroke kicks (to blue line)
- Performs Breaststroke with arms & kicks (to blue line)
- Demonstrates Butterfly kicks and body motion (to blue line)
- Performs kneeling dive
- Safety Skill: Treading water (30-45 seconds)

## 6. Dolphin

- Performs Freestyle with rotary breathing (25 yards)
- Performs Backstroke (25 yards)
- Performs Elementary Backstroke (25 yards)
- Performs Breaststroke (pull-breathe-kick-glide sequence) (25 yards)
- Demonstrates Butterfly arms
- Performs Butterfly (arms-kick-breathe sequence) (25 yards)
- Demonstrates open turns for all strokes
- Demonstrates streamlines for all strokes
- Performs standing dive
- Safety Skill: Treading water (1 minute)

## 7. Beluga

- Performs Freestyle 50 yards with open turn and streamline
- Performs Backstroke 50 yards with open turn and streamline
- Performs Breaststroke 50 yards with open turn and streamline
- Masters underwater pull timing for Breaststroke (pull-breathe-kick-glide)
- Performs Butterfly 50 yards with open turn and streamline
- Masters arms and kicks timing for Butterfly (with correct technique)
- Performs simple swim set (4 x 25 yards) (1 of each stroke) – Introduction to Individual Medley
- Swims 100 yards without stopping (any stroke but with perfect technique)
- Demonstrates flip turns
- Masters shallow standing dive



**make a splash!**

For more information about the Learn-to-Swim Program contact

Sara Robson, Swim Lesson Coordinator

309-663-2022 ext. 125 sara@4seasons-club.com