

SWIMMING LESSONS

LEVEL 1

introductions

- Introduction of instructor and swimmer
- Introduction of faces in water

LEVEL 2

air exchange

- Exhales out of nose comfortably underwater
- Inhales through mouth comfortably above surface
- Performs 5 consecutive bobs uninterrupted and comfortably

LEVEL 3

floating on stomach

- Floats independently and comfortably for 5 seconds

LEVEL 4

floating on back

- Floats independently and comfortably for 5 seconds

LEVEL 5

rollovers, elementary backstroke, & treading water

- Performs stomach to back rollover uninterrupted
- Performs elementary backstroke for 10 yards uninterrupted
- Can successfully reach for wall while on back
- Performs 1 minute of treading water without assistance