



**DART Swimming  
Swim Levels  
Summer 2023**

**All DART-Solano swim lessons are one-on-one lessons. The levels provided give reference to our teaching progression for all swimmers.**

**Level 1**

**Ages 3 and older  
Non Swimmers**

Blow bubbles  
Put face in the water  
Submerge head  
Front float assisted  
Back float assisted  
Kick with board assisted-arms extended  
Kick with board on back-board to chest  
Front streamline kick assisted  
Back kick assisted  
Jump into pool-assisted  
Freestyle-up to 5 yards assisted

**Level 2**

**Ages 3 and older  
Learn to Swim**

Front float unassisted  
Back float unassisted  
Kick with board unassisted  
Back kick with yards unassisted  
Front streamline unassisted  
Back Streamline kick unassisted  
Swim freestyle (5 yards)  
Jump in and swim 5 yards unassisted  
Backstroke assisted

### **Level 3**

### **Ages 3 and older Swim Team Preparation**

Swim freestyle up to 25 yards  
Swim freestyle with side breathing  
Swim backstroke (5-10 yards)  
Jump and swim up to 25 yards

#### **Additional Skills**

Dolphin Kick  
Breaststroke Kick  
Breaststroke arms  
Butterfly arms  
Basic Dive

### **Intro To Team**

### **Ages 3 and older?**

This is a part of the DART Swim Team. Practices are offered in the mornings and afternoons. To sign up for Pre-Team, swimmers must be able to:

Kick with board for 10 yards assisted and unassisted  
Front streamline kick for 10 yards assisted and unassisted  
Back streamline kick for 10 yards assisted and unassisted  
Swim freestyle for 10 yards assisted and unassisted  
Swim backstroke for 10 yards assisted and unassisted