



**Swim Levels-2024**  
**Winters Swim Lessons**

**Parent Tot**

**Water Exploration**

**This class is designed for swimmers to explore the water with the assistance of a parents or guardian (must be 16 or older.)**

Water exploration  
Water games  
Arm movements  
Leg movements  
Use of swim toys  
Place face/head in water with assistance  
Learn verbal cues for swim skills  
Acclimate to working directly with an instructor

**Level 1**

**Water Acclimation**

**This is the entry level of our swim lesson program. Swimmers must be comfortable being in the water without a parent or guardian.**

**Group Lesson**

**4 students to 1 instructor**

Enter the water using steps  
Put face in the water  
Retrieve toy from steps with face in water  
Blow bubbles  
Submerge head  
Front float assisted  
Back float assisted  
Front kick assisted (wall kick and kickboard)  
Back kick assisted  
Freestyle arm motions  
Jump into pool assisted  
Jump into pool to instructor (assisted)

**Level 2****Learn to Swim**

**Swimmers must be comfortable in the water for this level. Swimmers must be able perform a front a back float with assistance.**

**Group Lesson****4 students to 1 instructor**

Front float unassisted

Back float unassisted

Front kick for 5 yards unassisted (kickboard and streamline)

Back kick for 5 yards unassisted

Freestyle arms (on wall and with kickboard)

Swim freestyle 5 yards unassisted

Jump in and swim 5 yards unassisted

**Level 3****Stroke Introduction****Group Lesson****4 students to 1 instructor**

Front streamline kick for 10 yards unassisted

Back Streamline kick for 10 yards unassisted

Streamline kick to instructor

Freestyle for 10 yards with side breathing

Backstroke for 5 yards

Dolphin kick Motion introduced

Breaststroke kick motion