



Swim Lesson Levels

Level 1 ~ 2 swimmers with 1 instructor

This level is for your beginner [swimmer](#). One who may not be ready to be their face in the water. A perfect level 1 swimmer would still need help floating on their own both on their stomach and back.

We will be mastering

1. Putting face in the water blowing bubbles through their nose
2. Float unassisted on stomach with face in the water
3. Float unassisted on back.
4. Flutter Kick with kickboard
5. Begin using freestyle arms

Level 2 ~ 3 swimmers with 1 instructor

This level is for your swimmer that is comfortable in the water and can float on their stomach with their face in the water unassisted and have started to swim freestyle. They should also float on their back unassisted.

We will be mastering

1. Freestyle unassisted with side breathing for 15 yards.
2. Tight streamlines
3. Flutter kick unassisted with the kickboard 15 yards
4. Float unassisted on back and begin backstroke

Level 3 ~ 4 swimmers with 1 instructor

This level will be filled with advanced swimmers just about ready for the swim team. They will be able to swim 15 yards freestyle unassisted as well as beginning to swim backstroke.

We will be mastering

1. Perfecting side breathing while swimming freestyle
2. Perfecting tight streamlines
3. Swimming backstroke unassisted
4. Work on endurance, they will be able to swim 25 yards unassisted of freestyle and backstroke.
5. Introducing swim terminology (ie. 25=1 lap)