

Steel City Aquatics Swim School

Youth Program Curriculum

Level Summary	Level 1- Fundamental Aquatics Skills	Level 2- Basic Stroke Development	Level 3- Stroke Improvement	Level 4- Stroke Refinement
Level Summary	Focuses on getting participants comfortable in the water by highlighting water safety and promoting independence on foundational aquatics skills	Utilizes skills learned in Level 1 to further promote swimmer independence. Focuses on gliding, kicking, and swimming freestyle without assistance	Builds on the skills learned in Level 2 to progress toward confidence in deep water with existing skills. Emphasis is placed on freestyle technique improvement and introducing backstroke	Builds on the skills learned in previous levels to further refine skill technique and confidence while building swimmer endurance
Pre-requisites	-At least 4 years old -Swimmer is willing to enter the water	-Successful completion of Level 1 or placement by instructor	-Successful completion of Level 2 or placement by instructor	-Successful completion of Level 3 or placement by instructor