

Level 1: *Bubbles*

This station is for nervous or beginner students. It includes an introduction to the basic skills necessary for swimming. We work on gradual water adaptation, movement in the water, breath-holding and release, submersions of the face, opening eyes underwater, blowing bubbles, bobbing with bubbles, and air exchange. Swimmers will gain confidence and master submerging their faces in the water. Swimmers advance when they can do 10 relaxed bobs with air exchange.

CURRICULUM

- Gradual water adaptation
- Movement in the water
- Breath-holding and release
- Submersion of the face
- Opening eyes underwater
- Blowing bubbles with mouth and nose
- Bobbing with bubbles and air exchange

ADVANCEMENT GOAL

- 10 relaxed bobs with air exchange

- Equipment: noodles, rings, goggles

Level 2: Floats

This station is for swimmers who are comfortable holding their breath under the water and doing 10 relaxed bobs with air exchange. Swimmers will be taught to front float and recover, front glide and recover, back float and recover, and back glide and recover. Additionally, students will learn how to safely enter the water. Swimmers advance when they can front and back glide for 5 seconds and recover.

CURRICULUM

- Front float with recovery
- Front glide with recovery
- Back float with recovery
- Back glide with recovery
- Learn how to safely enter the water

ADVANCEMENT GOALS

- Front glide (5s) and recovery
- Back glide (5s) and recovery

Equipment: noodles, goggles, barbells

Level 3: *Kickers*

This level is for swimmers that know how to comfortably hold their breath, blow bubbles, and float on their stomach and back independently. Swimmers will be taught kicking skills with front and back glides. Swimmers advance when they can kick 15 feet on their front using a streamline and 15 feet on their back using both the flutter and dolphin kicks.

CURRICULUM

- Streamlines
- Porpoising/Dolphin Kick
- Front glide with kicking
- Back glide with kicking

ADVANCEMENT GOALS

- Flutter kick on front (in streamline; 15 feet)
- Dolphin kick on front (in streamline; 15 feet)
- Flutter kick on back (15 feet)
- Dolphin kick on back (15 feet)

Equipment: noodles, goggles, barbells

Level 4: *Big Arms*

This station is appropriate for swimmers who have mastered breath control, body position, and kicking on their front and back on top of the water. Swimmers will be taught to roll over front to back and back to front, breathing position for freestyle (side-glide), and the crawl arm stroke with catch up. Swimmers will master short front crawl swim and advance by performing side-glide kick for 20 feet and crawl stroke for 20 feet.

CURRICULUM

- Finning and sculling
- Roll over from front to back and back to front
- Side-glide kicking
- Crawl arm stroke with catch up

ADVANCEMENT GOALS

- Side glide kicking (20 feet)
- Crawl stroke (no breathing; 20 feet)

Equipment: noodles, goggles, barbells

Level 5: *Freestyle*

This class is for swimmers who can swim on top of the water, but who stop when they need to take a breath. Swimmers will be taught back crawl stroke (backstroke) and will master front crawl stroke (freestyle) with bilateral side breathing. Swimmers will advance by swimming freestyle with a minimum of 5 side breaths and kick 3 yards in a streamline on both their front and back.

CURRICULUM

- Freestyle with bilateral breathing
- Backstroke introduction

ADVANCEMENT GOALS

- Front crawl stroke with bilateral breathing (30 feet; 5 breaths)
- Kick 3 yards in a streamline on front
- Kick 3 yards in a streamline on back

Equipment: noodles, goggles

Level 6: *Backstroke*

This level is appropriate for swimmers who have mastered freestyle swimming with continuous side breathing for a short distance and can swim on their backs. Swimmers will learn how to tread water, dive from the sitting, kneeling, and standing positions, and work on their endurance in freestyle. Swimmers will advance when they swim backstroke with correct body position, strong kicks, and quick arm rotation.

CURRICULUM

- Extended freestyle swimming
- Advanced backstroke
- Treading water
- Sitting Dive
- Kneeling Dive
- Standing Dive

ADVANCEMENT GOALS

- Completed 3-dive progression
- Swim freestyle 25 yards with side breathing
- Swim backstroke 10 yards
- Tread water for 1 minute

Equipment: goggles