

Skill Levels of Swimming

Level 1

Level 1 will help students feel comfortable in the water and learn basic swimming and safety skills that they will build on as they progress through the Learn to Swim program. Topics covered at this level include: airway control, floating with support on front and back, underwater exploration, kicking with support, entering and exiting the water safely and changing body positions in the water.

Level 2

Level 2 will expand and develop fundamental skills and marks the beginning of true locomotion skills. Topics covered at this level include: floating without support and recovery to a vertical position, underwater exploration, gliding, swimming on front and back, and treading water. Prerequisite: Swimmers entering this level should be comfortable putting their face in the water and fully submerging underwater with minimal assistance. They should be able to float with minimal assistance on front with face in the water and on back with ears in the water and be ready to attempt these skills without support.

Level 3

In Level 3 swimmers will continue putting previously learned skills together into full swim strokes. Topics covered in Level 3 include rotary breathing, Front and Back Crawl, Elementary Backstroke, Sidestroke and Butterfly kicks. Prerequisite: Swimmers entering this level should be comfortable under the water, be able to float on front and back without support for 10-15 seconds, be able to swim 5-10 yards on front and on back and be ready to begin attempting skills in deep water.

Level 3 Deep

Level 3 Deep is an advanced Level 3 class for swimmers who are comfortable in deep water, have participated in the Level 3 class and are working on completing the advanced Level 3 swim skills. This class will focus on improving Front and Back Crawl, Elementary Backstroke, Sidestroke and Butterfly kicks. Prerequisite: Swimmers entering this level should be comfortable swimming independently in deep water, be able to swim at least 10 yards on front with breathing, at least 10 yards on back with Backstroke and Elementary Backstroke and be able to tread water for 15-20 seconds.

Level 4

Level 4 will give swimmers the opportunity to refine their Front Crawl, Backstroke, and Elementary Backstroke while improving skills in swimming underwater, treading water, Breast Stroke, Sidestroke and Butterfly. Swimmer will also learn open turns and standing dives. Prerequisite: Swimmers entering this level should be able to swim 15-20 yards each of Front Crawl with side breathing, Backstroke, Elementary Backstroke, and 5-10 yards of Breaststroke or Sidestroke. They should also be comfortable in deep water and able to tread or float in deep water for 1 minute.

Level 5

Level 5 will provide students with an opportunity to develop coordination, stroke refinement and endurance in all strokes while learning/improving turns and dives from the side and starting blocks. Pre-requisite: Swimmers entering this level should be able to comfortably swim 25 yards of Front Crawl with side breathing, Backstroke and Elementary Backstroke. They should be able to swim 15-25 yards of Breaststroke, Sidestroke and Butterfly, be very comfortable in deep water and able to tread water for 2 minutes.

After passing Level 5 Campers can select a class below.

Introduction to Springboard Diving

In Introduction to Springboard Diving participants will learn the basics of springboard diving from the 1 meter board. Skills learned will include diving safety, springboard approach, and diving form for a variety of dive positions. Depending on participant interest and skill the class may progress to the 3 meter boards. Prerequisites: Participants must be comfortable in deep water, able to safely perform a headfirst entry from the side of the pool and able to swim at least 15 yards.

Introduction to Water Polo

In this class campers will learn the fundamentals of playing Water Polo including ball handling, basic passing, treading techniques, shooting techniques and teamwork all while getting a great workout and having fun! Pre-requisites: Participants should be able to swim 75 yards (3 lengths) continuously and tread water for at least 5 minutes. This class takes place in the deep end and these pre-requisites are essential for swimmer safety and success.

Jr. Lifeguard Training

In this class campers will learn the basics of Lifeguarding in a FUN way:

RESCUE SKILLS With A Lifeguard Rescue Tube

- Stride and Compact Jumps
- Rescue Approach-Front Crawl and Breaststroke
- Simple Assist
- Extension Assist from the Deck
- Reaching Assist with Equipment
- Swimming Extension Rescue
- Active and Passive Drowning Victim Rear Rescue
- Passive Submerged Victim-Shallow Water
- Multiple-Victim Rescue
- Feet-First Surface Dive
- Submerged Victim