



## Swim Program Skill Descriptions

### Preschool 1 & 2 (Ages 3-4 years old)

Independent/assisted Water Entry's & Exits, Water Exploration, Blow Bubbles, Bobbing, submerge mouth/nose/eyes, Supported Front and Back Float, Simultaneous leg, and arm action.

### Level 1: Intro to Water Skill

Independently enter & exit water and travel at least 5 yards, 5 Bobs, Glide on front and back at least 2 body lengths, Back & Front float 5 sec., Roll to back & float for 3 seconds

### Level 2: Fundamental Aquatic Skills

Step or jump from the side in chest-deep water, Bob 10 time, Hold Breath for 10 sec., Move into a front float for 5 seconds then repeat for back float, Roll to back float for 5 seconds then return to vertical position, Swim for 5 body lengths, roll to back, float for 15 seconds, Combine arm and leg action

### Level 3: Stroke Development

Jump into the water from side recover to surface and side, Bob moving towards safety, Survival float 30 sec., Change from vertical to horizontal position on back and front, Tread water 30 sec., Swim front crawl, backstroke, breaststroke, and elementary backstroke for 15 yards.

### Level 4: Stroke Improvement

Head first dive entry, swim underwater 3-5 body lengths, float 1 minute, Tread water 30 seconds-2 minutes, back and front crawl open turns, Swim front crawl, backstroke, breaststroke, sidestroke, and elementary backstroke and complete each stroke for either 25, 50, 100 yards

### Level 5: Stroke Refinement

Head first dive entry from stride position. Swim underwater 3-5 body lengths, Survival float 1-3 minutes, Tread water 2-5 minutes, Back and front crawl open turns, Swim front crawl, backstroke, breast-stroke, Butterfly sidestroke, and elementary backstroke and complete each stroke for either 25, 50, 100, 200 yards

### Level 6: Water Safety Fitness Swimmer

Head first dive entry from stride position. Swim underwater 3-5 body lengths, Survival float 2-5 minutes, Tread water 2 minutes, swim all four competitive strokes, complete a 500-yard swim