

SCSU AQUATICS SWIMMING LESSONS ENTRY SKILLS

Level	Level Entry Description
Level 1	Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it. Children should be comfortable in the water without a parent. Floatation devices are used only for teaching purposes.
Level 2	Completion of Level 1 or be able to: Enter and exit water using the wall and ladder with assistance. Grab a submerged object from platform with assistance while blowing bubbles with mouth and nose. Front float with assistance. Back float with assistance. Swim 5 yards on front with barbell while blowing bubbles without assistance. Swim 5 yards on back with barbell without instructor assistance. Exhale underwater and inhale to both sides 3 times. Kick underwater in a streamlined position 1 yard with assistance.
Level 3	Completion of Level 2 or be able to: Jump into chest deep water independently. Move independently without a floatation device on front and back 3 yards. Fully submerge head and grab object off platform without assistance. Front float for 5 seconds without assistance. Back float for 10 second without assistance. Roll from a front to a back float and a back to a front float with assistance. Swim 5 yards on front with a barbell and face in the water using a flutter kick and alternating arm actions. Swim 5 yards on back with barbell. Exhale underwater and rotary breath to both sides 10 times. Kick underwater in a streamline 1 yard with little or no assistance. Tread water with assistance.
Level 4	Completion of Level 3 or be able to: Jump into deep water and return to wall with little or no assistance. Kick on back 5+ yards without assistance. Grab one object off pool bottom in deep water with no assistance. Roll from front to back float and back to front float without assistance. Swim on front 5+ yards using a flutter kick and freestyle arms without assistance. Swim on back 5+ yards using flutter kick and freestyle arms without assistance. Streamline push-off from the wall and kick underwater 5+ yards. Tread water for 20 seconds.
Level 5	Completion of Level 4 or be able to: Jump into deep water and return to wall without assistance. Kick on back 10+ yards. Tread water (with proper form) for 30 seconds. Grab multiple objects off pool bottom in deep water without assistance. Can successfully perform elementary backstroke and breaststroke. Swim freestyle 10+ yards with breathing to both sides. Swim backstroke 10+ yards. Streamline wall push-off and kick underwater 5+ yards. Can perform some diving from the side of the pool.
Level 6	Completion of Level 5 or be able to: Dive from the side of the pool without assistance. Kick on back 15+ yards. Tread water for 60 seconds. Swim freestyle 15+ yards with good balance, rotation, and breathing on both sides. Swim backstroke 15+ yards with good balance and rotation. Transition from kicking underwater to surface swimming on front and back. Swim breaststroke 15+ yards.
Level 7	Completion of Level 6 or be able to: Standing dive from pool edge with no instructor assistance. Tread water 120 seconds (about 2 minutes). Can successfully perform all 4 swimming strokes (butterfly, backstroke, breaststroke, freestyle) with efficiency.