

Washington Park District Youth Swim Lessons - Level Descriptions

Level 1:

This is our beginner level. Swimmers will be in the water without a parent. They will have lifeguards to help in the water. Swimmers will learn the following:

- Fully submerge head
- Enter and exit water safely
- Experience buoyancy
- Lifejacket float
- Intro to alternating arm action
- Moving comfortably through the water
- Supported float
- Supported kick
- Glide from wall
- Bubble blowing

Level 2: Stroke Preparation

Swimmers will need to be able to perform all of the things from Level 1 with help. Swimmers will still receive help from Lifeguards during their lesson, but will be encouraged to do things on their own. They will learn the following:

- Retrieve object from shallow water
- Orientation to deep water (diving board)
- Front crawl (kick and alternating arm action)
- Back crawl arm motion
- Elementary backstroke
- Turning over (front to back)
- Level off from vertical position
- Rhythmic breathing
- Flutter kick
- Unsupported glide and recovery

Level 3: Stroke Readiness

Swimmers will need to be able to perform all of the things from Level 2 mostly on their own. They will be encouraged to do most of the things in Level 3 without the support of the Lifeguards. They will learn the following:

- Retrieve object from the bottom of 4' with no support
- Jump into deep water from the side of the pool
- Dive from side in kneeling and compact position
- Coordinate front crawl arms, flutter kick, and breathing
- Coordinate elementary backstroke
- Front glide to Front crawl

Level 4: Stroke Development

Swimmers will be expected to perform all off the things from Level 3 with no help from Lifeguards. Swimmers will learn the following:

- Deep water bobbing
- Rotary breathing
- Dive from side of pool from stride and standing position
- Elementary backstroke (10 yds)
- Front crawl (25 yds)
- Back Crawl (25 yds)
- Breaststroke kick (10 yds)
- Side stroke, scissor kick (10 yds)
- Treading water