

# Swim Lesson Level Objectives

## Preschool:

- Submerge mouth, nose, and eyes
- Enter and exit water safely, using ladder
- Blow bubbles
- Bobs
- Feel comfortable floating with support
- Alternating arm actions with support
- Alternating leg actions with support (kicking)
- Combine stroke on front using any type of arm & leg action with support

## Level 3

- Submerge bobs
- Pick up submerged objects (i.e. rings, coins, diving sticks)
- Float on back and front (without support)
- Push offs for at least 2 body lengths (front & back)
- Breathing to side, while kicking
- Front crawl
- Back crawl
- Jump in 3 feet
- Start breaststroke kick

## Level 3+

- All of level 3 objectives, plus the following
- Jump in 4 ft. without being caught
- Swim front crawl in 4 ft. to corner
- Swim back crawl in 4 ft. to corner
- Have a developed breaststroke kick
- Elementary backstroke kick

## Level 4

- Jump in 5 feet
- Attempt diving
- Front crawl for 1 length (25 yards)
- Back crawl for 1 length (25 yards)
- Elementary Backstroke
- Breaststroke
- Float for 30 seconds in deep water
- Butterfly kick to corner (15 yards)
- Treading for 30 seconds
- Open turns

## Level 5

- Front crawl 50 yards
- Back crawl 50 yards
- Elementary backstroke 25 yards
- Breaststroke 25 yards
- Sidestroke 25 yards
- Butterfly kick 12.5 yards
- Treading 2 min.
- Diving (see diving sheet)
- Stride/Compact jumps
- Feet first surface dive

#### Level 6

- Front crawl 100 yards
- Back crawl 100 yards
- Elementary backstroke 50 yards
- Breaststroke 50 yards
- Butterfly (introductory; know motions)
- Treading (3 minutes)
- Diving (off block)
- Stride/compact jumps
- Feet first/Pike/Tuck surface dives
- Start learning turns

#### Level 7

- Front crawl for 200 yards
- Back crawl for 200 yards
- Elementary backstroke 150 yards
- Breaststroke 150 yards
- Sidestroke 150 yards
- Butterfly (know stroke) 50 yards
- Treading 5 minutes
- Diving
- Feet first/Pike/Tuck Surface Dives to retrieve brick from 10 feet Stride/Compact jumps