

SWIM LESSON GUIDE FOR PARENTS

x = swimmers must be able to...

SKILLS REQUIRED	Level 1 Seahorse	Level 2 Starfish	Level 3 Seals	Level 4 Dolphins	Swim Club
Must be 3 years old	X				
Needs to be able to be in water without a parent	X				
Go underwater independently		X			
Float 5 seconds on stomach with face in water, independently		X			
Float 5 seconds on back, independently		X			
Attempt to move forward in water (doggie paddle) independently		X			
Tread water and back float 15 seconds each			X		
Swim 5 body lengths on stomach			X		
Swim 5 body lengths on back			X		
Swim-Roll-Float-Roll-Swim Combo			X		
Perform at a basic level front crawl with rotary breathing & elementary backstroke				X	
Perform at a basic level dolphin, scissors, flutter, and breaststroke kicks				X	
Tread water for 1 minute				X	
Jump in-Tread/Float-Swim 25 yards Combo				X	
Streamline pushoff-Swim front crawl 15 yards-Turn-Swim elementary backstroke 15 yards Combo				X	
Swim 50 yards non-stop-25 yards front crawl followed by 25 yards elementary backstroke					X
Swim 15 yards breaststroke followed by 15 yards back crawl					X
15 yards butterfly					X
15 yards sidestroke					X

