





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

