

# SWIM LESSON GUIDE FOR PARENTS

x = swimmers must be able to...

SKILLS REQUIRED	Pre-school	Level 1 Seahorse	Level 2 Starfish	Level 3 Seals	Level 4 Dolphins	Swim Club
Must be 3 years old	X	X	X	X	X	X
Needs to be able to be in water without a parent	X	X	X	X	X	X
Must be in Kindergarten		X	X	X	X	X
Roll comfortably from front to back			X	X	X	X
Front/back glide & recover to vertical position			X	X	X	X
Swim 5 yards without assistance			X	X	X	X
Go underwater independently			X	X	X	X
Float 5 seconds on stomach with face in water, independently			X	X	X	X
Float 10 seconds on back, independently			X	X	X	X
Tread water & back float 15 seconds each				X	X	X
Swim 5 yards freestyle				X	X	X
Swim 10 yards backstroke				X	X	X
Swim-Roll-Float-Roll-Swim Combo				X	X	X
Backstroke & freestyle 15 yards each					X	X
Basic level dolphin & whipkick 10 yards each					X	X
Tread water for 30 seconds					X	X
Swim 25 yards					X	X
Front (20 seconds) & back (45 seconds) float					X	X
Swim 50 yards non-stop						X
15 yards butterfly						X
Front (20 seconds) & back (45 seconds) float						X
Freestyle, backstroke & breaststroke- 25 yards each						X
Tread water 60 seconds						X
Butterfly stroke & underwater swim- 15 yards each						X
Flip turn						X

