

SWIM LESSON GUIDE FOR PARENTS

x = swimmers must be able to...

SKILLS REQUIRED	Pre-school	Pre-school 2	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	X
Needs to be able to be in water without a parent	X	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	X
Front/back glide & recover to vertical position		X		X	X	X	X
Swim 5 yards without assistance				X	X	X	X
Go underwater independently		X		X	X	X	X
Float 5 seconds on stomach with face in water, independently		X		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

