

## The six learn-to-swim levels and the objective for each level

### **Level I: Water Exploration**

Helps students feel comfortable in the water, water entry and Exit, rules for safety at pool side, supported floating and kicking, bubble blowing, putting face in or under water, float in prone position with support.

### **Level II: Primary Skills**

Float and recover without support, locomotion skills, buoyancy, breath control and underwater swimming and basic rescue skills.

### **Level III: Stroke Development**

Coordinates front crawl and back crawl. Introduces elementary backstroke and treading water. Changing Direction and Position Learn to dive from side of pool, builds on the skills in Level 2 by providing additional guided practice. Treading Safety skills.

### **Level IV: Stroke Development**

Increased endurance and distance in familiar strokes, introduces breaststroke and sidestroke and turning at a wall, general and personal water safety

### **Level V: Stroke Refinement**

Refinement of key strokes, introduces butterfly, open turns, the feet-first surface dive, and springboard diving.

### **Level VI: Swimming and Skill Proficiency**

Improve strokes for greater distances. Introduces additional turns as well as the pike and tuck surface dives. Puts steps in place for upcoming courses i.e. Water Safety Instructor and Lifeguard Training.