

Preschool Group Swim Lessons

Level	Prerequisites	Skills Taught
Preschool Red (Level 1)	3-5 years old	Blowing bubbles through mouth and nose Opening eyes under water and retrieving submerged objects (in less than 2 ft of water) Front & back float (assisted) Front & back glide (assisted) Alternating arm and leg action on front & back (assisted)
Preschool Orange (Level 2)	3-5 years old Submerge to mouth and blow bubbles for at least 3 seconds Glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds	Bobbing Opening eyes under water and retrieving submerged objects (in greater than 2 ft of water) Front & back glide (unassisted) Alternating arm and leg action on front & back (unassisted) Treading using arm and leg actions (in shallow water)
Preschool Yellow (Level 3)	3-5 years old Glide on front & back at least 2 body lengths, roll to back, float on back for 5 seconds Swim on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths.	Enter water by jumping in Front & back crawl 5 body lengths Elementary backstroke 5 body lengths Change direction of travel while swimming on front or back
Advanced Preschool (Level 4)	3-5 years old Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths.	Diving from a seated and kneeling position Deep water floating on front & back and treading Streamlined position push off from wall using flutter kick Front & back crawl Elementary backstroke

*Skills taught in each level depend on the learning speed and ability of children in the class.

Not all skills may be covered in every session.

Levels 1-5 Group Swim Lessons

Level	Prerequisites	Skills Taught
Level 1	6-13 years old	Blowing bubbles through mouth and nose Opening eyes under water and retrieving submerged objects Front & back float (assisted) Front & back glide (assisted) Alternating arm and leg action on front & back (assisted)
Level 2	6-13 years old Bob 3 times Glide on front at least 2 body lengths roll to a back float for 3 seconds and recover to a vertical position.	Bobbing (fully submerged) Opening eyes under water and retrieving submerged objects (in greater than 2 ft of water) Front & back glide (unassisted) Front & back crawl arm & leg movements (unassisted) Treading using arm and leg actions (in moderate to deep water)
Level 3	6-13 years old Glide on front & back for at least 2 body lengths, roll over, float for 5 seconds Swim using front crawl for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths.	Diving from a seated and kneeling position Deep water floating on front & back and treading Streamlined position push off from wall using flutter & dolphin kick, 3–5 body lengths Front & back crawl, 15 yards Elementary backstroke, 15 yards
Level 4	6-13 years old Jump into deep water from the side, swim front crawl for 15 yards, tread 30 seconds, and swim elementary backstroke for 15 yards.	Diving from a standing position Front crawl, 25 yards Breaststroke, 15 yards Butterfly, 15 yards Back crawl, 15 yards Tread water using 2 different kicks Backstroke & front crawl open turn
Level 5	6-13 years old Feet first entry into deep water, swim front crawl for 25 yards, change direction and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and swim back crawl for 15 yards.	Shallow-angle dive, glide 2 body lengths Front & back flip turn Front crawl & elementary backstroke, 50 yards Breaststroke & butterfly, 25 yards

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Not all skills may be covered in every session.