



CLASS LEVEL SKILLS

To advance to the next level, students must achieve these skills.

BEGINNER 1	BEGINNER 2	BEGINNER 3
<p>Water Safety & Stroke Foundation Skills</p> <p>Warm-Up Skills</p> <ul style="list-style-type: none"> Safety bobs holding instructor- 5 bobs Face submerged w/ nose bubbles- 5 seconds Assisted wall work- 5 ft. <p>Stroke Skills</p> <ul style="list-style-type: none"> Front float independently- 5 seconds Back float independently- 5 seconds Front kicking on shoulders w/ face submerged- 5 seconds Back kicking w/ head in hands- 5 seconds Freestyle arms on shoulders w/ face submerged- 5 seconds <p>Ending Skills</p> <ul style="list-style-type: none"> Front to back float w/ instructor initiating head turn Back to front float w/ instructor initiating head turn Jump off bench to instructor w/ full submersion 	<p>Water Safety & Basic Stroke Skills</p> <p>Warm-Up Skills</p> <ul style="list-style-type: none"> Bobs independently- 5 bobs Independent wall work- 15 ft. <p>Stroke Skills</p> <ul style="list-style-type: none"> Front kicks independently- 5 seconds Back kicks independently- 5 seconds Freestyle independently- 4 strokes Backstroke independently- 8 strokes <p>Ending Skills</p> <ul style="list-style-type: none"> Front to back float independently Back to front float independently Jump off bench and swim back to wall (with and without goggles) 	<p>Water Safety & Gaining Independence</p> <p>Warm-Up Skills</p> <ul style="list-style-type: none"> Bobs independently- 10 bobs <p>Stroke Skills</p> <ul style="list-style-type: none"> Front kicks- 10 seconds Back kicks- 10 seconds Freestyle w/ side breathing w/ alignment board- 20 strokes Backstroke w/ proper timing- 20 strokes <p>Ending Skills</p> <ul style="list-style-type: none"> Jump off bench and swim across pool
INTERMEDIATE 1	INTERMEDIATE 2	INTERMEDIATE 3
<p>Stroke Development: Freestyle & Backstroke</p> <p>Warm-Up Skills</p> <ul style="list-style-type: none"> Underwater streamline with flutter kick on stomach- 5 seconds <p>Stroke Skills</p> <ul style="list-style-type: none"> Freestyle with side breathing- 20 strokes Backstroke- 50 strokes Breaststroke kick- 6 kicks 	<p>Stroke Development: Freestyle, Backstroke & Breaststroke</p> <p>Warm-Up Skills</p> <ul style="list-style-type: none"> Underwater streamline with flutter kick on back- 5 seconds <p>Stroke Skills</p> <ul style="list-style-type: none"> Freestyle- 50 strokes Backstroke- 75 strokes Breaststroke with arms and breath- 5 strokes Breaststroke with proper timing- 10 strokes Dolphin Kick- 5 seconds 	<p>Stroke Development: Freestyle, Backstroke, Breaststroke & Butterfly</p> <p>Warm-Up Skills</p> <ul style="list-style-type: none"> Underwater streamline with dolphin kick on stomach- 5 seconds <p>Stroke Skills</p> <ul style="list-style-type: none"> Freestyle- 100 strokes Backstroke- 100 strokes Breaststroke- 25 strokes Butterfly arms and breath- 10 strokes Butterfly with proper timing- 10 strokes

Parent Tot 1: (6-18 mos) This class is designed for parents and their toddlers; you will work together in the pool under the direction of a SwimLabs instructor to develop the foundational skills crucial for learning to swim and promote safety in the water.

Parent Tot 2: (18-36mos) This class is designed for parents and their toddlers; you will work together in the pool under the direction of a SwimLabs instructor to develop the beginning swimming skills crucial for learning strokes and promote safety in the water.