# Aquatics - Swim Lesson Descriptions

## Lessons for Children Under 5

**Level Tad:**
Ages 6 mo-2

Tadpoles - Parent & Child Level 1 - Objectives: Introduce children to swimming and water safety and lay a foundation for future learning. Parents are taught how to properly support and guard their children in an aquatic environment.

Skills:

| | | |
|---|---|---|
| All skills done with parental support | Explore the pool (in water and out) | Submerging mouth, nose and eyes |
| Getting wet with toys and by kicking | Front and back floats and glides | Safe entries and exits from water |
| Blowing bubbles on surface | Basic water safety | Passing from instructor to parent |

**Level Pol:**
Ages 2-4

Pollywogs - Parent & Child Level 2 - Objectives: Explore basic water skills and safety. Transition to independence from parents.

Skills:

| | | |
|---|---|---|
| Explore the pool (shallow water) | Open eyes and retrieve submerged object | Safe water entry and exit |
| Roll from front to back, back to front | Float and Glide on front and back | Open eyes underwater |
| Arm action - alternating or simultaneous | Leg action - alternating or simultaneous | Explore swimming without a parent present |

**Level Min:**
Ages 2-4

Minnows - Objectives: Build on skills learned in Pollywogs by providing additional guided practice at slightly more proficient levels and greater distances.

Skills:

| | | |
|---|---|---|
| *All skills are performed independently* | Open eyes and retrieve submerged object | Blow bubbles through mouth and nose |
| Roll from front to back, back to front | Float and Glide on front and back | Explore treading water |
| Arm action - alternating or simultaneous | Leg action - alternating or simultaneous | Basic water safety |

## Lessons for Children 5 & Up

- **To determine the best level for your child,** read the "Exit Skills" listed for each level. If your child can do the exit skills listed, proceed to the next level. Once you reach a level that your child can no longer perform the exit skills, you have found their appropriate swim lesson level!
- **If your child can perform the exit skills** listed for each level, but still needs more instruction, we recommend Private Swim Lessons or the Apple Valley Swim Club (on page 4).

**Level 1:**
Ages 5 & Up

Introduction to Water Skills - Objectives: Learn personal water safety skills, feel comfortable in the water and enjoy water safely.

Exit Skills:

1. Enter the water independently, using either the ladder, steps or side. Swim at least 5 yards, bob 3 times, then safely exit the water.
2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position.

**Level 2:**
Ages 5 & Up

Fundamental Aquatic Skills - Objectives: Further develop arm and leg action, lay foundation for future strokes.

Exit Skills:

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back float for 5 seconds, return to vertical.
2. 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 and continue swimming for 5 body lengths.

**Level 3:**
Ages 6 & Up

Stroke Development - Objectives: Swim the Front Crawl and Elementary Backstroke, introduce Dolphin and Scissor kicks and head-first diving.

Exit Skills:

1. Jump into deep water from side, swim Front Crawl for 15 yards, maintain position by treading water for 30 seconds and swim Elementary Backstroke for 15 yards, changing position as necessary.

**Level 4:**
Ages 6 & Up

Stroke Improvement - Objectives: Improve skills and increase endurance. Learn Sidestroke, Breaststroke and explore Butterfly Stroke.

Exit Skills:

1. Perform feet-first entry into deep water, swim Front Crawl 25 yards, perform open turn, swim Elementary Backstroke 25 yards.
2. Perform Breaststroke for 15 yards, perform open turn, swim Back Crawl for 15 yards.

**Level 5:**
Ages 6 & Up

Stroke Refinement - Objective: Refine performance of all strokes, increase distances, introduce flip turns.

Exit Skills:

1. Perform a shallow-angle dive, swim Front Crawl for 50 yards, performing flip turns as necessary, swim Elementary Backstroke for 50 yards.
2. Swim Breaststroke for 25 yards, perform flip turns as necessary, swim Back Crawl for 25 yards.