MAKE A SPLASH: Group Swim Lessons Level Descriptions

Parent and Child: Fun with Water Exploration
Developed for children 10 months to 3 years of age, Parent and Child Aquatics builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. Parents will be required to accompany their children in the water.

Level 1: Introduction to Water Skills
Purpose: Helps students feel comfortable in the water. Level 1 participants learn to:
- Enter and exit water safely
- Submerge mouth, nose and eyes
- Exhale underwater through mouth and nose
- Open eyes underwater, pick up submerged object
- Change direction while walking or paddling
- Roll over from front to back and back to front with support
- Explore floating on front and back with support
- Explore swimming on front and back using arm and leg actions with support

Level 2: Fundamental Aquatic Skills
Purpose: Gives students success with fundamental skills. Level 2 participants learn to:
- Enter water by stepping or jumping from the side
- Exit water safely using ladder or side
- Submerge entire head
- Blow bubbles submerging head in a rhythmic pattern (bobbing)
- Open eyes underwater, pick up a submerged object in shallow water
- Float on front and back
- Change direction of travel paddling on front or back
- Roll over from front to back, back to front
- Swim on front, back, and side using combined arm and leg actions

Level 3: Stroke Development
Purpose: Builds on the skills in Level 2 through additional guided practice. Level 3 participants learn to:
- Jump into deep water from the side
- Submerge and retrieve an object in chest deep water
- Bob with the head fully submerged
- Rotary breathing in horizontal position
- Float on front and back in deep water
- Change from horizontal to vertical position on front and back
- Tread water using hand and leg movements
- Perform freestyle and backstroke
- Butterfly/Breaststroke—kick and body motion

Level 4: Stroke Improvement
Purpose: Develops confidence in the skills learned and improves other aquatic skills. Level 4 participants learn to:
- Perform a dive from a kneeling, standing or stride position
- Swim underwater for three body lengths
- Perform feet-first surface dive
- Tread water using sculling arm motions and with different kicks
- Perform the following:
  - Freestyle and backstroke
  - Breaststroke
  - Butterfly