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## SWIM LESSON LEVELS

### AGES 5 and Older

#### **\*Level 1 – Red: Water Independence and Safety (Ages 6 & Older)\***

Introduction to water independence and safety skills. Working on floating independently. Progression of safety skills from beginning to mastery. Introduction to freestyle technique. This level is for older students who are progressing from being uncomfortable or fearful of the water to students who are eager to swim and confident in the water.

#### **Level 2 – White: Freestyle (Ages 5 & Older)**

Swimmer has mastered water safety skills and will continue to practice them through this class. Can demonstrate independent freestyle swimming technique and float independently without assistance. Swimmers begin working on freestyle with side breaths and proper arm technique.

*Requirements:* Completion of Beginner 3 or Level 1 or the ability to complete skills of those levels.

#### **Level 3 – Blue: Backstroke (Ages 5 & Older)**

Swims freestyle with side breaths proficiently. Ability to float and kick on back without assistance. Will start learning backstroke and continue to work on freestyle proficiency and demonstrate water safety skills.

*Requirements:* Completion of Level 2 or ability to complete Level 2 skills.

#### **Level 4 – Silver: Butterfly (Ages 5 & Older)**

Comfortable and confident in the water. Able to swim freestyle and backstroke independently. Will start learning butterfly, still reviewing safety skills and freestyle, backstroke for proficiency.

*Requirements:* Completion of Level 3 or ability to complete Level 3 skills.

#### **Level 5 – Gold: Breaststroke & Elementary Backstroke (Ages 5 & Older)**

Can swim freestyle, backstroke proficiently. Comfortable with butterfly. Will start learning breaststroke and elementary backstroke and will continue to work on free, back, and fly technique.

*Requirements:* Completion of Level 4 or ability to complete Level 4 skills.