



**COUNTY OF SAN LUIS OBISPO  
PARKS AND RECREATION DEPARTMENT**

**Tanya Richardson** *Director*

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**SAN LUIS OBISPO COUNTY AQUATICS: SUMMER SWIM LESSON PROGRAM**

**Swim Lesson Levels**

**Intro: Water Comfort (Ages 3-5)**

Objective: For new beginning swimmers. Introduction to water safety skills, water orientation, and basic swim skills. This level is for students that are unfamiliar or uncomfortable in the water and possibly fearful of the water.

*Requirements: No prior instructional experience necessary. Takes place in the Tot Pool and Main Pool.*

**Beginner: Working Towards Water Independence (Ages 3-5)**

Objective: Building confidence with independence in water. Focuses on safety skills, water orientation and basic swim skills. This level is for students that are comfortable and are happy to be in with the instructor.

*Requirements: Completion of Intro or the ability to complete Intro skills. Takes place in the Main Pool.*

**Level 1: Water Independence and Safety (Ages 6-17)**

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 students 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.

*Requirements: No prior instructional experience necessary. Takes place in Main Pool.*

**Level 2: Freestyle (Ages 5-17)**

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 stroke.

*Requirements: Completion of Level 1 or the ability to complete skills of those levels. Takes place in Main Pool.*

**Level 3: Backstroke (Ages 5-17)**

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. Takes place in Main Pool.*

**Level 4/5: Breaststroke & Elementary Backstroke (Ages 5-17)**

Can swim freestyle and backstroke proficiently. Will start learning breaststroke and elementary backstroke and will continue to work on freestyle and backstroke proficiency.

*Requirements: Completion of Level 3 or ability to complete Level 3 skills. Takes place in Main Pool.*