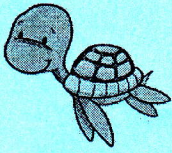


YOUTH SWIM LESSONS PROGRAM  
AGES 6 - 12

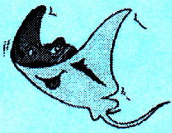


**LEVEL 1 (SEA TURTLE):**

Prerequisites: No swimming skills required

**Skills Checklist:**

Enter and exit pool safely - Open eyes underwater - Submerge mouth, nose, and eyes - Pick up submerged object under water - Exhale underwater through mouth and nose - Front float and Back float (supported and unsupported) - Roll over from front glide to back glide - Roll over from back glide to front glide - Front swimming with arm & leg actions - Back swimming with arm & leg actions - Discuss basic water safety rules - Demonstrate proper use of a lifejacket.



**LEVEL 2 (STING RAY):**

Prerequisites: Sea Turtle skills and comfortable in the water.

**Skills Checklist:** Submerging entire head - Jump in from poolside

(shallow water) Unsupported front float - Unsupported back float - Front and back glide (supported & unsupported) - Finning arm action - Sculling arm action - Rhythmic bobs (10 times) - Jellyfish float - treading water using arm and leg motions - Swimming using combined stroke on front (15 feet) - Swimming using combined stroke on back (15 feet) - Moving in water while wearing a life jacket - Recognizing a swimmer in distress and getting help.

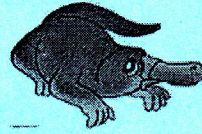


**LEVEL 3 (PELICAN):**

Prerequisites: Sting Ray Skills or Flying Fish Skills

**Skills Checklist:** Unsupported front glide with kick - Unsupported back glide with kick - Jump into deep water from side -

Tread water (30 seconds) - Front crawl stroke with rotary breathing (15 yards) - Back crawl stroke (15 yards) - Breaststroke kick and body motion - Survival float on back - Rules for safe diving - Sitting and kneeling dive (shallow dive progression)



**LEVEL 4 (PLATYPUS):**

Prerequisites: Pelican skills

**Skill Checklist:** Front crawl with rotary breathing (25 yards) - Back crawl (25 yards) - Breaststroke

(15 yards) - Introduction to butterfly stroke - Tread water (1 minute) - Swim underwater - Open turn on front and push off streamlined position - Open turn on back, push off streamlined position - Scissors kick - Survival float on back (1 minute) - Discuss safe diving rules - Shallow dive (racing) - Demonstrate a throwing assist - Feet first surface dive in deep water.

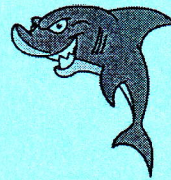


**LEVEL 5 (CROCODILE):**

Prerequisites: Platypus skills

**Skill Checklist:** Front crawl with rotary breathing (50 yards) - Back crawl (50 yards) - Elementary backstroke (25 yards) - Breaststroke (25 yards) -

Butterfly stroke (15 yards) - Tread water (2 minutes) - Introduction to sidestroke - Shallow dive with glide - Flip turn while swimming on front - Flip turn while swimming on back - Introduction to tuck and pike surface dives - Rescue breathing.



**LEVEL 6 (GREAT WHITE):**

Prerequisite skills: Crocodile skills

**Skill Checklist:** Front crawl open turn - Back crawl open turn - Front crawl w/ flip turns (100 yards) - Back crawl w/ flip turns (100 yards) - Elementary backstroke (50 yards) -

Breaststroke (50 yards) - Butterfly stroke (50 yards) - Sidestroke (50 yards) - Tread water (3 minutes) - Swim continuous 500 yards with any combination of strokes - Retrieve diving brick from 8 - 10 feet of water.