



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SWIM LESSON LEVEL SELECTION

LEVEL 1 Intro to Water Skills	Select Level 1 if your child... - Is uncomfortable with water - Cannot float independently - Needs support to move in the water	Key Skills - Face in the water / blowing bubbles - Assisted floating (front & back) - Basic kicking with support
LEVEL 2 Fundamental Skills	Select Level 2 if your child... - Can float independently - Is comfortable putting their face in the water - Cannot swim more than a few feet	Key Skills - Independent floating - Front & back glide - Basic arm and leg movement
LEVEL 3 Stroke Development	Select Level 3 if your child... - Can swim 5-10 yards - Needs help with coordination/technique	Key Skills - Front crawl (basic) - Backstroke (basic) - Beginning treading water
LEVEL 4 Stroke Improvement	Select Level 4 if your child... - Can swim across the shallow end - Is comfortable swimming independently	Key Skills - Front crawl & backstroke (15-25 yards) - Introduction to breaststroke & butterfly - Treading water (~1 minute)
LEVEL 5 Stroke Refinement	Select Level 5 if your child... - Swims full pool length comfortably - Needs technique/endurance improvement	Key Skills - All major strokes with improved technique - Flip turns (basic) - Treading water (2+ minutes)
LEVEL 6 Skill Proficiency	Select Level 6 if your child... - Is a strong swimmer - Interested in Swim Team/advanced training	Key Skills - 100+ yard continuous swim - Advanced stroke technique - Endurance & fitness swimming

Questions? Contact jsteffes@defianceymca.org