

# BPS Lied Activity Center Swim Lesson Levels Guide

## **Pre-School: (ages 3-4yrs only)**

Skills: All assisted

- Blowing Bubbles (5 seconds with mouth in the water, comes up for a breath)
- 3 bobs (goes underwater)
- Opens eyes underwater and retrieves a diving stick and/or diving ring
- Front glide (5 seconds, puts mouth, nose, eyes in the water)
- Front float (5 seconds, puts mouth, nose, eyes in the water. Arms/legs out)
- Back glide (5 seconds, belly up, arms down at sides, head back)
- Back float (5 seconds, belly up, arms out, head back)
- Recover from front/back glide (stands up after gliding)
- Treading (arms pressing down paddling, kicks underwater)
- Alternate legs front/back (kicks legs one after the other 5ft)
- Alternate arms front/back (moves both arms one after the other in circular motions 5ft)
- Simultaneous legs front/back (sometimes kicks with one leg or the other not consistently 5ft)
- Simultaneous arms front/back (sometimes moves one arm or the other, not consistently 5ft)
- Combined arm and legs on front (Front crawl arms moving in a circular motion **consistently** and one after the other, legs kicking one after the other **consistently** 5ft)
- Combined arm and legs on back (back crawl arms moving in a circular motion **consistently** and one after the other, legs kicking one after the other **consistently** 5ft)

## **Level 1: (typically ages 4-7)**

Skills: Some assisted/unassisted

- Enter and exit water using ladder steps or side (child needs to be able to exit unassisted safely)
- Blowing bubbles (through mouth, and nose, takes a breath, 5 seconds)
- Submerges mouth, nose, eyes (goes underwater all the way)
- Opens eyes underwater and retrieves a diving stick and/or diving ring
- Front glide (10 feet, face in the water for a part of the glide)
- Front float (assisted, 10 seconds, face in the water for 3/10 seconds)
- Back glide (10 feet, belly up, head back, arms down at sides)
- Back float (assisted, 10 seconds, belly up, head back, arms/legs out)

- Roll over from front/back back/front float (arms out, legs out, face in the water during front float, head back, belly up during back float)
- Recover from front/back glide (stands up after gliding)
- Treading (arms pressing down paddling, kicks underwater)
- Alternate legs front/back (kicks legs one after the other 10ft)
- Alternate arms front/back (moves both arms one after the other in circular motions 10ft)
- Simultaneous legs front/back (sometimes kicks with one leg or the other not consistently 10ft)
- Simultaneous arms front/back (sometimes moves one arm or the other, not consistently 10ft)
- Combined arm and legs on front (Front crawl arms moving in a circular motion **consistently** and one after the other, legs kicking one after the other **consistently** 10ft)
- Combined arm and legs on back (back crawl arms moving in a circular motion **consistently** and one after the other, legs kicking one after the other **consistently** 10ft)
- Level 1 does have exit tests that are a combined version of some skills learned in level 1

## **Level 2: (typically ages 6-9)**

Skills: All unassisted

- Enter and exit water by stepping in, or jumping. May use the ladder, steps, or side
- Fully submerge underwater holding breath (5 seconds, go underwater)
- Bobs (five times in chest deep water, go all the way underwater)
- Opens eyes underwater and retrieves a diving stick and/or diving ring 2 times
- Front float (whole face in the water blowing bubbles, 5 seconds, arms/legs out)
- Front glide (5-10 feet, face in the water, arms/legs straight)
- Back float (15 seconds, belly up, head back, arms/legs out)
- Back glide (5-10 feet, belly up, head back, arms down at sides or straight over their head, legs straight)
- Recover from front/back glide (stands up after gliding)
- Jellyfish float (arms and legs hang down like “tentacles” like a jelly fish, face in the water blowing bubbles, 5 seconds)
- Tuck float (bring legs in to chest, hold legs, face in the water, 5 seconds)
- Roll over from front/back back/front Float (arms out, legs out, face in the water during front float, head back, belly up during back float)
- Treading 15 seconds (paddles with arms pushing down, kicks underwater, keeps face out of the water)

- Combined arm and legs on front (Front crawl arms moving in a circular motion **consistently** and kicks kicking one after the other **consistently**)
- Combined arm and legs on back (back crawl arms moving in a circular motion **consistently** and one after the other, legs kicking one after the other **consistently**)
- **Changes direction while swimming (swimming one direction then can turn around on their own doing front and back stroke)**
- **Finning (arms out to a T, then down)**

Level 2 does have exit tests that are a combined version of some skills learned in Level 2

**RED** indicates new skill learned in this level

## **Level 3: (typically ages 7+)**

Skills: Intermediate, all unassisted

To be in Level 3, the child needs to be able to do all Level 2 skills independently. This level has much more endurance, technique and other skills needed in order to pass level 3. This level also swims in deep water, so children need to be comfortable swimming in deep water.

- Enter water by jumping from the side (jumps in correctly an unassisted to shallow and deep water)
- **Rotary breathing (breathing to the side, does not need to look great but needs to be able to do it unassisted, get the concept and not struggle.**
- Survival float (similar to front float, gets to come up for breaths, 30 seconds)
- Back float (belly up, head back, arms/legs out, 30 seconds)
- **Treads water/ back float (paddles downward with arms, kicks underwater for 10 seconds, then immediately goes into back float for 15 seconds)**
- **Treads water/ front float (paddles downward with arms, kicks underwater for 10 seconds, then immediately goes into front float for 15 seconds, may take 1 breath)**
- Treads water for 30 seconds (arms paddling downwards, kicks underwater)
- Streamline position on front-Flutter kick (5-10 feet, kicks one leg after the other, face in the water)
- Streamline position dolphin kick (feet and legs together kicking 5-10 feet)
- Front stroke (arms in circular motion 15 yards)
- Back stroke (arms in a circular motion backwards, 15 yards)
- **Elementary back stroke (arms up to armpits, straight out like a T, then down too sides, 15 yards)**

Level 3 does have exit tests that are a combined version of some skills learned in level 3

Red indicates new skill learned in this level

## **Level 4: (typically ages 8+)**

Skills: All unassisted

- Swim underwater 3-5 body lengths (child can go as deep as they wish, as long as they are under the surface of the water, may use arms and kicks)
- Feet first surface dive (submerges completely, uses arms instead to get down to the bottom of the pool)
- Treading water scissor kick (2 minutes, uses arms to paddle downwards, scissor kick only)
- Treading water modified breaststroke kick (2 minutes, uses arms to paddle downwards, breaststroke kick)
- Push off on back streamline on back front and flutter and dolphin kick (15 feet, dolphin kick legs/feet together, needs to do the body motion taught. 15 feet flutter kick, kicks one after the other. For both kicks NO ARMS)
- Front stroke (rotary breathing technique, arms in circular motion, flutter kick, 25 yards)
- Elementary backstroke (arms up to armpits, straight out like a T, then down too sides, 25 yards)
- Breaststroke (15 yards, child needs to do pull-breath-kick-glide, get the concept, does not need to do it exactly right)
- Side Stroke (swimming on side, learns scissor kick 15 yards)
- Inchworm (body movement and kick for butterfly stroke, 15 yards)

Level 4 does have exit tests that are a combined version of some skills learned in level 4

Red indicates new skill learned in this level

## **Level 5: (typically ages 9/10+)**

- Tuck surface dive (bring knees/legs to chest then dive down head first, submerge completely, done in the water)
- Front open turn while swimming (touch wall then push off)
- Back stroke open turn while swimming (swim back stroke till close to the wall then turn around, touch wall and push off)
- Standard scull (30 seconds)

- Tread water (can use scissor, breast stroke, or flutter kick, 5 minutes)
- Front stroke (rotary breath, technique needs to be amazing, 50 yards which is down and back length of the pool)
- Elementary backstroke (when coming down from T arms out back down to sides there needs to be a glide while pulling the water, 50 yards which is down and back length of the pool)
- Back stroke (Straight arms backwards, pulls down, flutter kick, 50 yards)
- Breast stroke (timing of steps to breaststroke needs to be 100% correct, with kick, 25 yards)
- Side stroke (scissor kick, swimming on side, 25 yards)
- **Butterfly (dolphin kick, arms, does not need to be 100% correct, 15 yards)**

Level 5 does have exit tests that are a combined version of some skills learned in level 5

**Red** indicates new skill learned in this level

## **Level 6: (typically ages 10+)**

- 100 yards=down and back, 2 times length of the pool NO STOPPING
- Front stroke (100% correct, 100 yards, rotary breathing)
- Elementary back stroke (100% correct, with glide, 100 yards)
- Back stroke (100 yards, 100% correct)
- Breast stroke (100% correct, 100 yards)
- Side stroke (100 yards, 100% correct)
- Butterfly (25 yards, 100% correct)
- Front/back flip-turn while swimming (child does a front flip then pushes off the wall in the water)
- Butterfly/break stroke turn while swimming
- Circle swimming (stays on the right side of the black line while swimming down and back)

Level 6 does have exit tests that are a combined version of some skills learned in level 6