

Friendly Park Pool Free Swim Lessons – Level Outlines

Level I

Swimmers will learn to submerge face, experience buoyancy on front and back, blow bubbles, enter and exit water, and move through water. They will kick on front and back, with support, and they will be introduced to alternating arm action. Basic water safety rules will be taught.

Level II

Participants must be able to demonstrate skills taught in level I. They will learn to hold breath and submerge head to retrieve objects. They will be introduced to deep water. They will be taught to float on front and back, unsupported. They will begin to combine arms and legs for both freestyle and backstroke. They will learn to turn from back to front and from front to back; and to get out of the pool from the side.

Level III

Participants must be able to demonstrate skills taught in level II. Swimmers will work on jumping into deep water, bobbing in water over their heads, and retrieving objects from the pool bottom. They will master glides with push-offs, and coordinate breathing to the side with arm strokes. They will work on backstroke and elementary backstroke. They will learn diving rules and treading water.

Level IV

Participants must be able to demonstrate skills taught in level III. They will work on diving, continue working on elementary backstroke, freestyle and backstroke. Participants will learn breaststroke and turns as well as some safety and rescue skills.