

## Swim School Level Breakdowns

Pre-K: Ages 3-5 years old

Swim School for Youth: Ages 6-12 years old

### **Level White: Trust and Comfort**

#### Student Experience:

Little to no swimming experience  
Won't put face in water  
Jumps in water without permission / needs time with safety skills

#### Will work on:

Asking permission to get in water  
Putting face in water  
Jumping in water  
Comfort moving in water

### **Level Red: Body Positions and Air Recovery**

#### Student Experience:

Will put face in water  
Will jump in  
Can't swim without support but loves the water  
Meets white prerequisites

#### Will work on:

Floating on front and back  
Kicking and gliding with face in water  
Kicking and gliding on back  
Jumping in and recovering for air

### **Level Yellow: Submersion**

#### Student Experience:

Can float on back and front  
Can jump in and resurface for air independently  
Meets white and red prerequisites

#### Will work on:

Kicking and pulling (with arms) on front  
Kick and pulling on back  
Swimming underwater  
Retrieving submerged object

### **Level Blue: Body Rotation**

#### Student Experience:

Can swim underwater or on surface and get occasional breath  
Meets white, red, and yellow prerequisites

#### Will work on:

Treading water  
Kicking on side in glide position  
Swimming freestyle  
Breathing on side

### **Level Green: Integrated Movement**

#### Student Experience:

Can tread water for 15 seconds  
Can jump in recover and kick 10 feet  
Meets white, red, yellow, and blue prerequisites

#### Will work on:

Survival float  
Swimming 30 feet with breathing pattern  
Diving

## **Stroke School Level Breakdowns**

Ages 6+ who have completed the level green swim school class

### **Level White: Freestyle**

Skill goal: Swim freestyle 30 feet with consistent form

### **Level Red: Backstroke**

Skill goal: Swim backstroke 30 feet with straight arm recovery, body roll, and good arm and body extension

### **Level Yellow: Butterfly**

Skill goal: Swim 4 strokes butterfly with one breath, then remainder of pool freestyle

### **Level Blue: Breaststroke**

Skill goal: Swim breaststroke 30 feet with good timing and extension

### **Level Green: Endurance**

Skill goal: Swim freestyle 50 yards, swim backstroke 50 yards, swim butterfly 25 yards, swim breaststroke 50 yards, perform freestyle and backstroke flip turns and butterfly and breaststroke open turns

## **StarBabies and StarTots Breakdowns**

Ages 6-36 months with parent accompaniment

The purpose of this course is to foster in very young children a high comfort level in the water while at the same time training parents and caregivers in water safety and drowning prevention.

This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience.