

## Sunset Cabana Club Swimming Lesson Skill Levels

### **LEVEL I – TINY TOTS**

This class is designed for beginning swimmers ages 3 and 4. Students under the age of three only with the consent of the manager/instructor.

- Water adjustment – fully submerge face, 3 seconds
- Bubble blowing
- Underwater exploration – opens eyes under water
- Supported flutter kick on front
- Supported flutter kick on back
- Hold breath 10 seconds
- Supported prone float
- Supported back float
- Rhythmic breathing – 10 bobs
- Enter/exit independently using ladder, steps, side of pool
- Jumps into waist deep water assisted
- Prone glide – torpedo
- Beginning arm movements on front and on back
- Safety skills – WS rules, getting help, reaching assist – no eq., release cramp, enter shallow water with life jacket.

### **LEVEL IIA – BEGINNER**

This class is designed for beginning swimmers ages 5 and up.

- Bubble blowing
- Open eyes under water
- Picks up object from pool bottom
- Hold breath 10 seconds
- Rhythmic breathing – 10 bobs
- Flutter kick on front, with kickboard
- Supported flutter kick on back
- Prone float with recovery
- Back float with recovery
- Jellyfish and turtle floats
- Enter/exit independently using ladder, steps, side of pool
- Jump into waist deep water
- Safety skills – WS rules, getting help, reaching assist – no eq., release cramp, enter shallow water with life jacket.
- Prone glide – torpedo
- Prone glide with kick – torpedo
- Introduce/improve arm strokes on front and back
- Introduce side breathing on wall
- Safety skills – WS rules, getting help, reaching assist – no eq., release cramp, enter shallow water with life jacket.

## **LEVEL IIB – BEGINNER**

This class is designed for swimmers who have passed the “A” class or who already have those skills.

- Rhythmic breathing – 10x head to side, on wall
- Back float, 10 seconds with recovery
- Back glide with kick, arms at side OK
- Back glide with finning
- Introduce/improve arm strokes on back
- Turning over, changing direction
- Jump into deep water, level off, swim to instructor
- Treading water, 30 seconds
- Proper and effective crawl and arm strokes
- Semi-coordinated breathing with arm stroke and kicking
- Safety skills – WS rules, getting help, reaching assist – no eq., release cramp, enter shallow water with life jacket.

## **LEVEL IIC – BEGINNER**

This class is designed for swimmers who have passed the “B” class or who already have those skills.

- Combined stroke on back 10 yards
- Crawl stroke 25 yards with correct side breathing
- Treading water, 1 minute
- Knee or standing front dive and 20 foot swim
- Jump into deep water, level off, swim 15 yards, change direction, turn over and float/fin/rest for 30 seconds, swim back to starting point, unassisted
- Basic water safety rules
- Safe diving rules
- How to get help
- Reaching and extension assists
- Release cramp
- Enter water w/ life jacket
- Observe artificial respiration

## **LEVEL III – ADV. BEGINNER**

This class is designed for swimmers who have passed the Level II/Beginner class or who already have those skills.

- Elementary backstroke kick, knees below surface, feet flexed, toes out
- Elementary backstroke arm strokes
- Coordinated elementary backstroke, 25 yards
- Improve/refine crawl stroke, 50 yards
- Improve/refine back crawl stroke, 25 yards
- Treading water, 1 minute
- Standing front dive and swim underwater, 15 feet
- 10 bobs in water over head to travel to safe area
- Prone glide with push off, 3 body lengths
- Back glide with push off, 3 body lengths
- Introduce front open turn
- Introduce back open turn
- Review all prior safety skills, learn how to open the airway for artificial respiration

#### **LEVEL IV – INTERMEDIATE**

This class is designed for swimmers who have passed the Level III/Adv. Beginner class or who already have those skills.

- Improve/refine elementary backstroke, back crawl and crawl stroke, 50 yards
- Foot flexed, toes out breaststroke kick
- Effective sidestroke kick
- Breaststroke arms
- Sidestroke arms
- Coordinated breaststroke, 25 yards
- Coordinated sidestroke, 25 yards
- 10 deep water bobs
- Back float, 1 minute
- Treading water, 1 minute
- Front/side/back open turns
- Scull on back, 10 yards
- Underwater swim, 15-20 feet
- Standing front dive
- Survival stroke and float, 3 minutes
- 5 minute swim
- Review all prior safety skills, learn artificial respiration, how to put on PFD in deep water, observe use of backboard

#### **LEVEL V – SWIMMER**

This class is designed for swimmers who have passed the Level IV/Intermediate class or who already have those skills.

- Improve/refine all prior strokes
- Breaststroke, 50 yards
- Sidestroke, 50 yards
- Back crawl, 50 yards
- Elementary backstroke, 50 yards
- Crawl stroke, 100 yards
- Inverted scissors kick
- Sculling – snail and canoe
- Open turns – front, side, back
- Dolphin kick, 25 yards
- Butterfly arm strokes, head tucked
- Coordinated butterfly stroke, four beat stroke okay
- Surface dives – pike and tuck
- Feet – first surface dives
- Long shallow dive
- Stride jump
- Survival stroke, 5 minutes clothed
- Underwater swim, 25 yards
- 15 minute swim
- Review all prior safety skills, demonstration of CPR, disrobe and utilize clothing

### **LEVEL VI and VII – ADV. SWIMMER**

This class is designed for swimmers who have passed the Level V/Swimmer class or who already have those skills.

- Improve/refine butterfly stroke, two beat, 25-50 yards
- Improve/refine all prior strokes, 100 yards each
- Overarm sidestroke, 50 yards
- Inverted breaststroke, 50 yards
- Trudgen stroke, 50 yards
- 30 minute swim
- Survival float, 10 minutes clothed
- Running front dive
- Review/improve all open turns
- Review/improve all dives
- Introduce front flip turn
- Introduce competitive breaststroke speed turn, 2 hand touch, 1 underwater stroke, etc
- Treading water, 3 minutes using a different kick each minute
- Review all prior safety skills, spinal injury safety, assist lifeguard w/ back boarding, practice w/ all rescue equipment