

Swim Lessons

Max Strauss Pool



Preschool Class: Polar Bear

Age Range: 3-5 years old

*** Note that age range for each lesson level can vary depending on skill and maturity level kids***

Skills needed before beginning lessons:

- Has listening skills and capability to follow directions
- Is potty trained or wears a swim diaper

Lesson Skills:

all of these skills are with the assisted help of swim instructors

- Floating (back and tummy)
- Blowing bubbles (nose and mouth)
- Flutter kicks
- Arm scoops
- Bobs
- Water Safety skills

End Goals:

To Move up to Level 1:

To move up to level 1 students must complete and demonstrate all lesson skills with little assisted help of the lesson instructors.

OR

Stay in at Preschool Level:

Repeating or staying at the preschool level means the student is making progress on the lesson skills but not yet ready to move up to Level 1. Staying at this level may be due to maturity levels as well.

Level 1: Guppy

Age range: 5-7

Note that age range for each lesson level can vary depending on skill and maturity level kids

Skills needed before beginning lessons:

- Has listening skills and capability to follow directions
- Has shown mastering of preschool skills

Lesson Skills:

all of these skills are with little/no assisted help of swim instructors

- Floating (back and tummy)
- Blowing bubbles (nose and mouth)
- Flutter kicks
- Arm scoops
- Chicken-Airplane-Soldier (back swimming)
- Freestyle(tummy swimming)
- Bobs
- Water Safety skills

End Goals:

To Move up to Level 2:

To move up to level 2 students must complete and demonstrate all lesson skills with no assisted help of the lesson instructors.

OR

Stay in at Preschool Level:

Repeating or staying in level 1 means the student is making progress on the lesson skills but not yet ready to move up to Level 2. Staying at this level may be due to maturity levels as well.

Level 2: Otter

Age range: 7-9

Note that age range for each lesson level can vary depending on skill and maturity level kids

Skills needed before beginning lessons:

- Has listening skills and capability to follow directions
- Has mastered level 1 skills
- Can swim independently half the width of the pool, this can be doggy paddle or back swimming)
- Can float independently

Lesson Skills:

all of these skills are with no assisted help of swim instructors

- Floating for 15 seconds(back and tummy)
- Blowing bubbles (nose and mouth)
- Freestyle for 10 yards
- Chicken-Airplane-Soldier (back swimming)
- Backstroke 15 yards
- Glide/ Streamline independently for 5 yards
- Bob and retrieve submerged object
- Water Safety skills

End Goals:

To Move up to Level 2:

To move up to level 3 students must complete and demonstrate all lesson skills with no assisted help of the lesson instructors.

OR

Stay in at Preschool Level:

Repeating or staying in level 2 means the student is making progress on the lesson skills but not yet ready to move up to Level 3. Staying at this level may be due to maturity, lack of endurance, and not mastering skills.

Level 3: Seal

Age: 9-11

Note that age range for each lesson level can vary depending on skill and maturity level kids

Skills needed before beginning lessons:

- Has listening skills and capability to follow directions
- Has mastered level 2 skills
- Can swim independently 15 yards with proper freestyle form
- Can swim backstroke for 10 yards

Lesson Skills:

all of these skills are with assisted help of swim instructors

- Side breathing
- Breast stroke for 10 yards
- Freestyle for 20 yards
- Backstroke 20 yards
- Glide/ Streamline independently for 5 yards
- Dolphin kick in streamline position for 10 yards
- Start learning Butterfly form
- Bob and retrieve submerged object in 10ft of water
- Learn the proper dives

End Goals:

To Move up to Level 4:

To move up to level 4 students must complete and demonstrate all lesson skills with no assisted help of the lesson instructors.

OR

Stay in at Level 3 :

Repeating or staying in level 3 means the student is making progress on the lesson skills but not yet ready to move up to Level 4. Staying at this level may be due to maturity, lack of endurance, or not mastering skills.

Level 4: Shark

Age Range: 11-13

Note that age range for each lesson level can vary depending on skill and maturity level kids

Skills needed before beginning lessons:

- Has listening skills and capability to follow directions
- Has mastered level 3 skills
- Can swim independently 20 yards with proper freestyle form
- Can swim backstroke for 20 yards

Lesson Skills:

all of these skills are with assisted help of swim instructors

- Side breathing
- Breast stroke for 25 yards
- Freestyle for 25 yards
- Backstroke 25 yards
- Glide/ Streamline independently
- Dolphin kick in streamline position for 20 yards
- Butterfly 25
- Bob and retrieve submerged object in 10ft of water
- Learn the proper dives, kick turns

End Goals:

To Move up to Swim team level:

To move up to level 2 students must complete and demonstrate all lesson skills with no assisted help of the lesson instructors.

OR

Stay in at Level 4:

Repeating or staying in level 4 means the student is making progress on the lesson skills but not yet ready to move up to swim team. Staying at this level may be due to maturity or lack of endurance as well.