



Group Lesson Skill Sets

- **Level 1: Water Acclimation**

- 1) Willingly enters and exits pool on their own.
- 2) Blows bubbles at surface of water.
- 3) Willingly gets hair and face wet.
- 4) Willingly and comfortably moves through water to retrieve toys/gear and get to instructor.
- 5) Can stay on stairs and follow direction when it is not their turn.
- 6) Willingly and comfortably does an assisted tummy float with bubbles.
- 7) Willingly and comfortably does an assisted back float with ears in the water.
- 8) Willingly does a sitting jump into water with assisted transition into a back float.
- 9) SAFETY SKILLS: Introduction to "Point and Shout!": When a swimmer sees another swimmer struggling in the water "DON'T GO" in after them, "Point" to them, and "Shout" for an adult to help the struggling swimmer.

- **Level 2: Water Immersion**

- 1) Willing and comfortably submerges head and body with assistance
- 2) Understands the concept of circle breaths during bobs: Blows bubbles through nose while submerged, then inhales one breath through mouth when surfaced, then repeats at least 5 times.
- 3) Willing and comfortably does an unassisted tummy float: Arms out to side plus straight legs in the water, with their face in water blowing bubbles for 3-5 seconds.
- 4) Willing and comfortably does an unassisted back float: Arms out to side plus straight legs in the water for 5 seconds.
- 5) Assisted streamline tummy float with their face in water for 3-5 seconds.
- 6) Assisted streamline back float: Instructor is only holding the swimmer's hands. The swimmers body should be lying comfortably balanced at surface of water.
- 7) Assisted feet first jump into water with transition to assisted back float.
- 8) SAFETY SKILLS: Introduction to "Point and Shout" then "Reach out": Find something to "reach out" to the person like a noodle, barbell or rescue tube.

- **Level 3: Intro to Water Movement**

- 1) Can complete 5 consecutive bobs independently while using circle breathing.
- 2) Unassisted streamline tummy float for 3-5 seconds.
- 3) Unassisted streamline back float for 5 seconds.
- 4) Introduction to body rolls: Rolling from front to back, and back over again using circle breathing. Have swimmer extend one arm overhead and roll over that arm
- 5) Assisted streamline kicks on front: Swimmers body should be flat with their face in the water, kicking while with straight legs for 5-10 yards.
- 6) Assisted streamline kick on back: Ears in the water, chin up, chest and hips high on the surface, and knees should not break the surface of the water when kicking for 5-10 yards.
- 6) Unassisted feet first jump into water and transition onto back float.
- 7) SAFETY SKILLS: Introduction to "Throw" from Reach- Throw -Row, -Don't Go: Point and shout, then if reaching out won't work because the person struggling is too far away, they are able to throw something out to them such as the rescue tube, or the rescue ring while keeping a hold of the string or strap, and pull the person in

only after rescuer is on their stomach.

- **Level 4: Getting Our Move On**

- 1) 5-10 unassisted bobs with circle breathing.
- 2) Unassisted front and back streamline.
- 3) Unassisted body rolls: 5 rotations with circle breathing.
- 4) Introduction to arm circles on front.
- 5) Assisted front crawl with body roll every 3-5 arm circles with consistent kicking for 5-10 yards.
- 6) Introduction to backstroke arms: Arms and shoulders rotation with leg coordination.
- 7) Assisted backstroke swim for 10 yards.
- 8) Introduction to dolphin kick.
- 9) Unassisted feet first jumps pool, return to wall, and climb out.
- 10) SAFETY SKILLS: Introduction to lifejacket safety: Why, where and when to wear them. How to properly wear them, and who to have check them before entering the water.

- **Level 5: Going the Distance**

- 1) 5-10 unassisted "deep water" bobs.
- 2) Introduction to in-water starts: Underwater dolphin kicks and breakouts for freestyle/front crawl
- 3) 10-15 yards unassisted freestyle/front crawl with in-water start, breakout, side breathing, and consistent straight leg kicks.
- 4) Introduction to backstroke starts: Underwater dolphin kicks on back, and backstroke breakouts.
- 5) 10-15 yards unassisted backstroke with start, underwater dolphin kicks, brakeout, bent arm pulls and consistent kicks.
- 6) Introduction to breaststroke kick: Starting on back, then on stomach with the kickboard for 10-15 yards.
- 7) Introduction to breaststroke timing: Swimmer uses the kickboard while learning proper timing. Working on pull timing in Level 6, or until the swimmer has a firm and consistent grasp on the timing of the stroke.
- 8) Unassisted feet first jump swim freestyle/front crawl to instructor. Then turn and swim backstroke/back crawl back to wall and climb out.
- 9) SAFETY SKILLS: Put it all together, "Point and shout" / "Reach Out" or "Reach-Throw-Row-Don't Go"

- **Level 6: Squids prep**

- 1) Introduction to swimming full lengths:
 - a) 25 front kick
 - b) 25 back kick
 - c) 25 breaststroke kick
 - d) 25 dolphin kick
- 2) Unassisted 25 yard swim with proper starts:
 - a) underwater with breakouts for freestyle/front crawl
 - b) backstroke/back crawl,
 - c) breaststroke timing drill.
- 3) Introduction to breaststroke pull.
- 4) Breaststroke swim 15-25 yards.
- 5) Introduction to open turns.
 - a) Front strokes (Freestyle, Breaststroke)
 - b) Backstroke
- 6) Introduction to pullouts.
- 7) Introduction to the concept of raising strategy: Keeping eyes down, starting easy and finishing strong. Focusing on stroke technique and not just speed.