



SWIM LEVEL GUIDE

- Level 1 **Introduction to Water Skills** help students feel comfortable in the water and learn water safety skills. Learn to flutter kick, tread water, floating.
- Level 2 **Fundamental Aquatic Skills** learn and develop fundamental swim skills --- freestyle, backstroke, side breathing.
- Level 3 **Stroke Development** build on skills in Level 2 through additional guided practice, and learn new strokes.
- Level 4 **Stroke Improvement** develop confidence and improve other aquatic skills by increasing endurance through swimming greater distances.
- Level 5 **Stroke Refinement** coordination and refinement of strokes all swim stroke, develop swim team ready skills.
- Level 6 **Swimming and Skill Proficiency** refine strokes to swim with more ease, efficiency, power and smoothness over longer distances; includes diving and further competitive skills training.