

Lucia Mar Unified School District
Summer Swim Swimming Levels

Level 1	Beginner Class Objective is to help students adjust to water, learn safety in the water, attain basic skills of water entry/exit, buoyancy and breathe control, locomotion, and personal safety.
Level 2	Primary Skills Objective is to help students achieve success with fundamental skills. Students will learn water entry/exit, water adjustment, buoyancy and breath control, turning over, and personal safety and rescue. Students will also learn to float without support and recover to vertical position. This level marks the beginning of true locomotion.
Level 3	Stroke Readiness Objective is to build on previous skills and coordination of front and back crawl. Students will learn water adjustment, buoyancy and breath control, locomotion, turning over, personal safety and rescue. Students will also learn elementary backstroke, principles of treading water, and rules for safe diving.
Level 4	Stroke Development Objective is to build confidence in the swimmer and build on strokes learned so far. Emphasis will be on increasing endurance and length of front crawl, back crawl, and elementary backstroke. Students will be introduced to breaststroke and basic turns. Students will continue to hone skills in water entry/exit, water adjustment, buoyancy and breath control, locomotion, turning over, personal safety and rescue.
Level 5	Advanced Stroke Development Objective is coordination and refinement of key strokes. Students will be introduced to the butterfly stroke, open turns, and feet-first diving. Students will learn to improve performance and increase swimming distance. Students will continue to hone skills in water entry/exit, water adjustment, buoyancy and breath control, locomotion, turning over, personal safety and rescue.
Level 6	Advanced Skills Objective is to polish strokes so students may swim with ease, efficiency, and power and to glide over longer distances. The pike and tuck surface dives will be introduced. Students will continue to hone skills in water entry/exit, locomotion, turns, and personal safety and rescue.
Level 7	Competitive Skills Objective is to help the competitive swimmer perfect strokes and develop good fitness habits. Participants will learn how they can use aquatic activities throughout life to maintain physical fitness. Students will continue to hone skills in water entry/exit, locomotion, turns, and personal safety and rescue. Students will be introduced to local swim programs.
Diving	From Beginning to Intermediate Learning to dive is exciting and fun. Jumping off the side of the pool or from a diving board gives you a huge adrenaline rush that's hard to beat! If you have never been on a diving board or if you want to add some polish to your dives, this class is for you. Learn some fundamental and not so simple dives appropriate to your skill level.
Swim Team	Summer Session, Runs June 11 through August 2, for Ages 6 and up. Swimmers must have the basic ability to swim freestyle and backstroke. Swim team participants will work on endurance and proper stroke technique of four different competitive strokes (freestyle, butterfly, breaststroke, backstroke) as well as starts and turns. Swim team will participate in at least one or two fun intrasquad meets during the session.