

PARENT AND CHILD

Prerequisite: Six (6) months to four (4) years of age

Learning

Objectives: Become oriented with the aquatic environment by developing skills useful in swimming. Develop confidence through parental and instructor's reinforcement

LEVEL 1

Prerequisite: Five (5) years of age or 44 inches in height

Learning

Objectives: Become oriented to the aquatic environment and move comfortably through the water. Fully submerge face and hold breath for 10 seconds. Level off from vertical position. Experience buoyance and demonstrate breathing control (bubbles). Demonstrate streamline on front while kicking (10 seconds). Demonstrate supported floating and kicking on front and back. Enter and exit water independently. Crawl Stroke – alternating arm stroke with face in the water while kicking (10 yards).

LEVEL 2

Prerequisite: Demonstrate competency in Level 1 skills

Learning

Objectives: Fully submerge head and retrieve underwater objects. Explore deep water with support. Demonstrate streamline front and back while kicking (five {5} yards). Demonstrate rhythmic breathing (25 yards). Perform flutter kick on back while sculling with hands (50 yards). Jump into deep water, level off, and arm strokes with kicking to the side of pool. Tread water for 30 seconds. Crawl Stroke: alternating arm strokes with face in water, rhythmic breathing and kicking (25 yards)

South Pasadena High School Swimming Skills

LEVEL 3

Prerequisite: Demonstrate competency in Level 2 skills

Learning

Objectives: Dive from kneeling down position in deep water and swim 25 yards. Perform front crawl with good rhythmic breathing for 100 yards, backstroke for 50 yards, breaststroke for 50 yards, and elementary backstroke for 50 yards. Tread water for three (3) minutes.

LEVEL 4

Prerequisite: Demonstrate competency in Level 3 skills

Learning

Objectives: Standing dive from side of pool and tread water for five (5) minutes. Build endurance by swimming front crawl for 250 yards, back stroke for 100 yards, breaststroke for 100 yards, and backstroke for 100 yards. Standing front dive from side of pool and underwater swim for 15 yards. Learn non-swimming rescue skills

LEVEL 5

Prerequisite: Demonstrate competency in Level 4 skills

Learning

Objectives: Standing dive front side of pool and tread water for 10 minutes. Perform the following strokes properly and with ease: *Front Crawl (500 yards in 10 minutes)*, *Backstroke (250 yards)*, *Breaststroke (250 yards)*, *Sidestroke (250 yards)*. Underwater swim for 20 yards. Feet-first surface dive fully clothed. Survival skills (clothing test). Review non-swimming rescue skills and become familiar with swimming rescue skills. Increase overall swimming endurance.