

love to SWIM School

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LEVEL 1: INTRODUCTION TO WATER SKILLS

- Become comfortable in water
- Kick
- Flutter Kick
- Float with floaties comfortably
- Hum with nose & mouth under water
- Hum with nose & mouth for 3 seconds
- Hum with face/goggles under water
- Hum with face/goggles for 5 seconds
- Comfortable with face underwater
- Monkey Monkey
- Back float with floaties
- Kick on back with floaties



LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

- Hold breath for 3 seconds while kicking
- Front float supported without floaties
- Back float supported without floaties
- Supported Ladder Streamline 8 yards
- Lead Ladder Streamline 8 yards
- Back float unsupported 12 secs
- Front float unsupported 6 secs
- Front-Back roll
- Freestyle idea introduced



LEVEL 3: STROKE DEVELOPMENT

- Streamline - Short - 5 yards off wall
- Freestyle Basic - short- 5 yards off wall
- Jump off wall swim streamline 5 yards to:
 - Ladder
 - Wall
- Back streamline
 - 5 yards
 - 8 yards
- Backstroke basics introduction
- Backstroke unsubmerged- short- 5 yards
- Backstroke streamline unsubmerged-short-5 yards
- Streamline front-back roll 5yds 8yds
- Streamline back-front roll 5yds 8yds
- Survival float - Elementary backstroke
- Reverse direction 5yds 8yds
- Turn at the wall
- Tread water 10 seconds 20 seconds



LEVEL 4: STROKE DEVELOPMENT

- Solid freestyle-5 yds Streamline-long- 8yds
- Freestyle-5 yds Back streamline- 8yds
- Solid backstroke Backstroke- 8yds
- Freestyle with breathing
- Freestyle confident & breathing
- Freestyle lengths
- Elementary backstroke
- Breaststroke kick
- Breaststroke Intro
- Ready Breaststroke kick
- Elementary Backstroke - 8 yards
- Breaststroke (follow up)



LEVEL 5: STROKE DEVELOPMENT

- Streamline with dolphin kick
- Freestyle with breathing 5 lengths
- Backstroke 2 lengths
- Breaststroke 2 lengths
- Elementary Backstroke 2 lengths
- Open turn at wall
- Flipturn at wall
- Freestyle 10 lengths
- Backstroke 4-10 lengths
- Breaststroke 4 lengths
- Elementary Backstroke 4 lengths
- Tread water (2 min.)
- Freestyle Max
- Backstroke Max
- Breaststroke Max
- Butterfly Intro
- No goggles test



LEVEL 6: SWIM TEAM READY!

- Freestyle 100 yards
- Backstroke 100 yards
- Elementary Backstroke 100 yds
- Butterfly 50 yards
- Flipturn at wall
- Dive off side of pool

NAME: