

# Swim Lesson Levels

## School Age Levels



Ages: 5-14 years

Participants with limited water experience, practice getting orientated to the aquatic environment by teaching elementary skills, fundamental aquatic locomotion and safety skills. These skills continue to develop as they progress through our swim lesson program. This class is designed for students who are not comfortable in the water and who cannot float with their faces in the water. This class is not a continuation from Preschool classes.

Next Level:

- Marlin (Meets all Seal skill requirements to pass)
- Duck (5 yrs. old)



Ages: 6-14 years

Build on basic skills already learned such as the basics of floating and kicking on front and back including basic knowledge of freestyle. Participants fine-tune their current skills, learn freestyle side breathing and backstroke. Introduction to diving from the side of the pool. Child must be able to swim 5 yards and be comfortable swimming on their back unassisted.

Requirements:

- Enter and go underwater easily
- Must be able to swim 5 yards unassisted
- Must be comfortable swimming on back unassisted

Next Level:

- Dolphin (Meets all Marlin skill requirements to pass)
- Otter (6 yrs. old and meets all Marlin skill requirements to pass)



Ages: 6-14 years

Designed for those who have passed all requirements of a Marlin class. Participant should already know how to swim freestyle with side-breathing and have learned backstroke and kneeling/compact dive. Building freestyle and backstroke foundation is emphasized. Introduction to breaststroke, elementary backstroke, treading water, standing dives and turning at the wall are included. Must have passed or have above Marlin level skills.

Requirements:

Must be able to swim 10 yards of freestyle unassisted  
Knowledge of backstroke

Next Level:

- Stingray (Meets all Dolphin skill requirements to pass)

## School Age Levels continued



Ages: 6-14 years

This class is designed for those who have passed all requirements for the Dolphin Class. This class will begin to build on swimming freestyle and backstroke at longer distances, refine breaststroke, elementary backstroke, dives and turns. Must be able to swim 25 yards of freestyle and 10 yards of backstroke without assistance.

Requirements:

- Must be able to swim 25 yards of freestyle w/side breathing
- Must be able to swim 10 yards of backstroke
- Knowledge of breaststroke

Next Level:

- Sawfish (Meets all Stingray skill requirements to pass)



Ages: 6-14 years

Refine and build endurance in freestyle, backstroke, breaststroke, and elementary backstroke. Further emphasis on butterfly, diving, turns and treading water, including introduction to sidestroke.

Requirements:

- Must be able to swim 50 yards of freestyle w/side breathing
- Must be able to swim 25 yards of backstroke
- Must be able to swim 15 yards of breaststroke

Next Level:

- Shark (Meets all Sawfish skill requirements to pass)



Ages: 6-14 years

Interested in joining a swim team? Focus on development and improvement of all four competitive strokes, increased endurance, knowledge of swim practice etiquette and proper starts and turns.

Requirements:

- Must be able to swim 100 yards freestyle w/side breathing
- Must be able to swim 10 yards of backstroke, breaststroke, and butterfly with proper technique

Next Level:

- Orca (Meets all Shark skill requirements to pass)

## School Age Levels continued



Ages: 6-14 years

Interested in joining a swim team? Continued development and improvement of all four competitive strokes, increased endurance, knowledge of swim practice etiquette, and proper starts and turns.

Introduction to use of the pace clock, knowledge of swimming as a sport and events swam at meets.

Requirements:

- Must be able to swim 200 yards of freestyle w/side breathing
- Must be able to swim 25 yards of breaststroke, backstroke, and butterfly

Next Level:

- Roseville Sea Lions (Pre-competitive Program)