

# Lessons and Junior Olympians Skills for Each Level

## Mommy & Me

- Kicking with assistance
- Getting wet with toys and kicking
- Underwater exploration
- Blowing Bubbles on surface
- Blowing bubbles with face submerged
- Submersions
- Front float
- Back float
- Front glide
- Back glide
- Passing from parent to instructor
- Enter and exit pool by lifting, stepping, jumping, and using a ladder.
- Introduction of leg and arm actions.
- Roll from back to front
- Roll from front to back

## Level One

- Enter and exit water safely using ladder, stairs, and side
- Submerge mouth, nose, and eyes
- Exhale underwater
- Open eyes underwater, pick up submerged object at arm's length
- Maintain a front float position
- Recover from a front float to a standing position
- Maintain a back float
- Recover from a back float to a standing position
- Change direction when walking or paddling
- Roll from front to back float (may use support)
- Roll from back to front float (may use support)
- Learn hand movements for treading water
- Explore (not yet master) alternating arm action on front
- Explore simultaneous arm action on front
- Explore alternating leg action on front
- Explore simultaneous leg action on front
- Explore combined arm/leg action on front
- Explore alternating arm action on back
- Explore simultaneous arm action on back
- Explore alternating leg action on back
- Explore simultaneous leg action on back
- Explore combined arm leg action on back
- Learn and follow pool rules
- Buddy Rule of swimming
- Introduce using a life jacket
- Learn how to recognize swimmer in distress
- Learn how to get help
- Learn why we need to know how to swim

## Level Two

- Enter safely from a step or jump
- Submerge entire head
- Blow bubbles and submerge in bobbing pattern
- Open eyes and pick up object from full body depth
- Face-in front float
- Front glide
- Jellyfish float
- Back glide
- Change direction when paddling
- Roll from back to front (unsupported)
- Roll from front to back (unsupported)
- Show treading water motions
- Show combined leg/arm action unsupported propulsion for 15 feet on front
- Fin on back for 10 feet
- Scull on back for 10 feet
- Show combined leg/arm action unsupported propulsion for 15 feet
- Look before you Leap
- Moving while wearing a lifejacket in water

### **Level Three**

- Jump into the deep end
- Head first entry from side
- Submerge and retrieve an object from depth of 4 feet
- Fully submerged bobs
- Rotary breathing with body in horizontal position
- Front glide with two different kicks
- Survival float
- Back glide with two different kicks
- Back float
- Tread water for 30 seconds
- Front crawl (freestyle) for 15 yards
- Butterfly kick for 15 feet
- Backstroke for 15 yard
- Diving Rules

### **Level Four (Junior Olympians)**

- Dive from side
- Swim underwater
- Feet-first surface dive
- Tread water (1min)
- Open turn on front
- Open turn on back
- Streamline off wall on front
- Streamline off wall on back
- Freestyle (25 yards)
- Breaststroke (15 yards)
- Butterfly (15 yards)
- Backstroke (25 yards)

### **Levels Five and Six (Junior Olympians)**

- Streamline off dive
- Swim underwater, 15 yards
- Tread water (2 min)
- Freestyle 50 yards with flip turn
- Backstroke 50 yards with flip turn
- Butterfly, 25 yards
- Breaststroke, 25 yards
- 2 minutes of non-stop swimming (any stroke)
- Dive from blocks
- Retrieve object from bottom of deep end
- Swim 200 IM with all appropriate turns
- Swim 500 yards without stopping, using all flip turns when appropriate.
- Tread water, ten minutes
- Vertical kicking, 1 minute
- Swim 50 yards in clothing