

## To Move to the next Level for Swim Lessons

Level 1- Able to get in the big pool, comfortable in the water

Put face in water and starting to blow bubbles

Level 2- Jump in pool

Fully submerge on their own

Float on front and back

Swim without assistance (mechanical or physical)

Able to bob in the shallow water

Stream line swimming (off the wall)

Level 3- Strokes – freestyle, backstroke, elementary backstroke

Tread water

Using side breathing during freestyle

Able to show kicks with use of kickboard

Level 4- Continuous swimming – all three strokes

Tread water, without hands

Swim full length of the pool-

Dolphin kick