

## Warm Springs Cabana Club Swim Lessons

### Level 1: Beginner 1 - Skills

- Enters pool from stairs
- Comfortable in the water
- Exits and enters pool safely from the wall
- Blows bubbles
- Jumps off wall
- Puts head underwater, 3 bobs
- Kicks holding onto the wall or using kickboard
- Floats by themselves for 3-5 seconds on front and back
- Exposed to elements of freestyle (practice with assistance)
- Willing to trying new things
- Ready to learn freestyle



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## Warm Springs Cabana Club Swim Lessons

### Level 2: Beginner 2- Skills

- Comfortable holding onto the side of pool in deep water
- Floats on back and front consecutively, and on both sides for 7-10 seconds
- "Superman" Glide 5 yards on front and back (without assistance)
- Tight streamline
- Freestyle show beginnings of proper technique (arm and hands out of the water)
- Jumps in and swims freestyle 7 yards to instructor
- Swims freestyle 7-10 yards without stopping
- Listens to teacher's instructions
- Ready to learn backstroke



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## Warm Springs Cabana Club Swim Lessons

### Level 3: Intermediate 1- Skills

- 5 bobs in mid-deep water
- Freestyle- 12-20 yards (1/2 to 3/4 of a lap)
- Improved side-breathing for freestyle
- Flutter kicks in streamline on back for 10 yards
- Swims backstroke 10 yards without stopping
- Breaststroke and Butterfly kicks holding onto the wall
- Breaststroke and Butterfly kick streamline- 12-20 yards (1/2 to 3/4 of a lap)
- Introduce hand & leg motion for treading (egg beater & figure 8)
- Treading for 30 seconds- 1 minute (optional)
- Sitting Dive
- Ready to learn Breaststroke and Butterfly (full stroke)



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## Warm Springs Cabana Club Swim Lessons

### Level 4: Intermediate 2- Skills

- Freestyle and backstroke with open turn- 25-35 yards (1-1.5 lap)
- Breaststroke and Butterfly- 12-20 yards (1/2 -3/4 of a lap)
- Treading for 1-2 minutes
- Kneeling Dive
- Able to stay in the deep end the entire lesson
- Can demonstrate fundamentals of all strokes
- Ready to learn flip turns, dives and to swim laps



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## Warm Springs Cabana Club Swim Lessons

### Level 5: Advance 1- Skills

- Freestyle and backstroke- 50 yards (flip turn optional)
- Breaststroke/Butterfly-25-35 yards
- Mini 50 yards Individual Medley (optional)
- Still perfecting strokes
- Freestyle flip turn
- Breaststroke open turn
- Butterfly open turn
- Standing Dive
- Treading for 2.5-3.5 minutes
- Ready to advance skills learned in this level

Name: \_\_\_\_\_



## Warm Springs Cabana Club Swim Lessons

### Level 6: Advance 2- Skills

- Freestyle and backstroke- 100 yards with proper turn
- Breaststroke and Butterfly- 50 yards with open turn
- 100 yards Individual Medley (optional)
- Strokes refined
- Backstroke flip turn
- Racing Dive
- Treading for 3.5-4.5 minutes
- Accepts challenges
- Ready for long-distance training (endurance)

Name: \_\_\_\_\_

