

## **Little Dipper Pool Swim Lesson Levels**

### **Level 1:**

#### Learning Objectives:

- Fully submerge face for at least 3 seconds
- Enter the water from the steps
- Exit the water from the steps
- Become oriented and comfortable with the aquatic environment
- Experience buoyancy
- Demonstrate basic breathing control (blow bubbles)
- Demonstrate supported floating and kicking on front and back
- Become familiar with alternating arm action
- Learn basic water safety rules – familiar with ways to get help
- Go all the way under water with support
- Bob to chin level holding on wall 10 times
- Walk in the pool for 5 yards or along the wall for 5 yards

### **Level 2:**

#### Learning Objectives:

- Fully submerge head for at least 3 seconds (hold breath)
- Retrieve underwater objects
- Do at least 10 bobs
- Explore deep water with support
- Demonstrate unsupported front float and back float or glide
- Level off from a vertical position
- Demonstrate rhythmic breathing
- Demonstrate stem-in entry and side exit
- Perform flutter kick and back crawl arm movements for 5 yards
- Basic water safety and emergency skills including fining

### **Level 3:**

#### Learning Objectives:

- Retrieve objects, unsupported, with eyes open
- Demonstrate bobbing at least 15 times – submerging head
- Bob in water slightly over head and travel to a safe area
- Jump into deep water from side of pool, swim to side
- Learn the basic rules of safe diving
- Dive from the side of the pool in kneeling and compact position

- Demonstrate gliding with push-off
- Coordinate the components of the front crawl and back crawl
- Demonstrate the fundamentals of elementary backstroke
- Demonstrate the fundamentals of treading water
- Reverse directions while swimming on front to back and back to front
- Become familiar with H.E.L.P and huddle position for 1 minute
- Basic water safety and emergency skills

#### **Level 4:**

##### Learning Objectives:

- Demonstrate deep-water bobbing
- Demonstrate rotary/alternate breathing
- Dive from the side of the pool from stride and standing positions
- Build endurance by swimming elementary backstroke, front crawl, and back crawl for 25-50 yards
- Learn the basics of breaststroke, sidestroke, and turning at the wall
- Learn alternate kicking for treading water
- Floating in deep water unsupported
- Tread water for 2 minutes
- Learn dolphin kick
- Basic water safety and emergency skills

#### **Level 5:**

##### Learning Objectives:

- Demonstrate basic dive on the diving board, plus basic safety rules
- Perform water tuck and pike diving positions
- Retrieve diving brick from bottom of deep end
- Introduce flip turns for all strokes
- Perform front crawl 50 yards
- Perform back crawl 50 yards
- Perform breast stroke 10 yards
- Perform sidestroke 10 yards
- Perform elementary backstroke 25 yards
- Introduce fundamentals of butterfly
- Learn basic water safety rescues and emergency skills

#### **Level 6:**

##### Learning Objectives:

- Demonstrate diving board skills: standing dive, approach and jump, jump and dive
- Perform front crawl 100 yards
- Perform back crawl 100 yards
- Perform breast stroke 25 yards
- Perform side stroke 25 yards
- Perform elementary backstroke 50 yards
- Perform butterfly 10 yards
- Perform flip turns
- Perform pike and tuck surface dives retrieving an object from the bottom
- Perform treading water for 5 minutes
- Demonstrate personal safety skills and basic lifeguard techniques

### **Level 7:**

#### Learning Objectives:

- Demonstrate diving board skills; approach and dive
- Perform a 500 yard swim using stroke of choice
- Perform front crawls 200 yards
- Perform back crawl 200 yards
- Perform breast stroke 50 yards
- Perform elementary backstroke 50 yards
- Perform side stroke 50 yards
- Perform butterfly 25 yards
- Perform flip turns
- Perform pike and tuck surface dives retrieving an object from the bottom
- Perform treading water for 5 minutes
- Demonstrate personal safety skills and basic lifeguard techniques