

Swim School Levels

Your swimmer will learn what is posted in each level during the session. Swimmers must be able to perform all skills taught in the the level below which you plan to enroll them for. If your swimmer is unable to perform the skills from the previous level in which they are enrolled, they will be moved down to an appropriate level. We want them to thrive and they are unable to do so when they do not have the stepping stones to get there.

There is a natural progression to the levels. All skills and techniques learned are minor parts of the five strokes and diving taught at Roaring Springs Swim School.

see level 5 for strokes/skills

LOCATION:

Swim School utilizes many of our pools. ALL levels will meet at their designated spot unless previously specified by their instructor.

- Parent Tot - Leisure Lagoon
- Tadpole - Leisure Lagoon
- Frog - Leisure Lagoon
- Seal - White Water Bay
- Otter - White Water Bay
- Dolphin - White Water Bay

Level 0 - Parent Tot



- Getting into the water
- Back and front float positions
- Pulling, kicking and returning to the wall assisted
- Jumping in and breath holding
- Rolling from front to back
- Activities to get familiar with water

Level 1 - Tadpole



- Jumping into the water
- Back and front float positions
- Pulling, kicking and returning to the wall assisted
- Intro to front crawl
- Holding breath underwater
- Rolling from front to back assisted
- Activities to get familiar with the water

Level 2 - Frog



- Assisted front and back floats
- Front and back glides assisted to independent
- Kicking skills with flotation (flutter and whip)
- Retrieve object with eyes underwater independently
- Front crawl arms and legs assisted

Level 3 - Seal



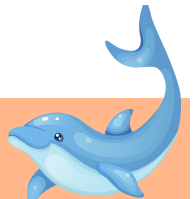
- Front and back floats independently
- Front crawl assisted
- Elementary backstroke assisted
- Intro to breaststroke arms
- Side breathing
- Kneeling dives independently
- Treading water with flotation

Level 4 - Otter



- Front crawl with side breathing assisted to independent
- Back Crawl assisted to independent
- Breaststroke assisted to independent
- Standing dives assisted to independent
- Treading water independently

Level 5 - Dolphin



- Front crawl—25 yards
- Back Crawl—25 yards
- Elementary backstroke—25 yards
- Breaststroke
- Introduction to butterfly
- Diving water technique
- Treading water technique
- Endurance swimming