



ORLEANS RECREATION SUMMER 2022 YOUTH SWIM LEVELS

LEVEL 1 – INTRODUCTION TO WATER SKILLS (AGES 3 +) (age listed is to provide guidance)

- For the beginner who is comfortable in the water
- Swimmers learn basics of swimming: bobbing, going underwater, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.

LEVEL 2 – FUNDAMENTAL AQUATIC SKILLS (ages 4+) (age listed is to provide guidance)

- Swimmers should already be able to float on front and back and put their head under water.
- Swimmers will work on independent front and back floating, independent rolling from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

LEVEL 3 – STROKE DEVELOPMENT (ages 5-6+) (ages listed is to provide guidance)

- Swimmers should already be comfortable swimming front stroke and swimming on their back.
- Swimmers will work on: gliding, freestyle with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.

LEVEL 4 – STROKE IMPROVEMENT (ages 7-8+) (ages listed is to provide guidance)

- Swimmers should already be able to: swim front and backcrawl 25 yards.
- Swimmers will work on: rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, and diving in kneeling position.

LEVEL 5 – STROKE REFINEMENT (ages 9-10+) (ages listed is to provide guidance)

- Swimmers should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water, and dive.
- Swimmers will work on: alternate breathing, stride jump, refinement of freestyle, backstroke, elementary backstroke, side stroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet first surface dive and treading water.

LEVEL 6 – SWIMMING AND SKILL PROFICIENCY (ages 11+) (age listed is for guidance)

- Swimmers should already be able to: swim front and back crawl 50 yards, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes, and dive.
- Swimmers will work on: All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pullout, butterfly turn, sidestroke turn, pike and tuck surface dive, pike and tuck dive from board, tread water for 5 minutes, and basic water rescue.