

Bay Ridge Community Pool Swim Lessons

Swim Level Guidelines

2017

Level 1

This is the right class for children who

- will leave their parents to join a small group at the edge of the pool
- BUT will not put their heads under shoulder-deep water to retrieve a toy at their feet.

Swimmers will work on building water safety skills and comfort in the water. They will work on blowing bubbles, putting their faces in the water, kicking, jumping in, climbing out, and beginning to learn how to bob and float. Children will often repeat this class for a few sessions.

Pre-req: comfortable in water without parent

Level 2

This is the right class for children who

- can put their heads under water at shoulder-deep water and retrieve a toy at their feet
- BUT cannot yet float unassisted front or back.

Swimmers will work on critical pre-swimming skills like kicking, floating, and proper breathing. There is a special focus on water safety skills like bobbing and treading water. Children will often repeat this class for a few sessions. They are ready to go to level 3 when they can float on their back and front unassisted. The best swimmers master this class before moving on.

Pre-req: able to submerge head and open eyes under water

Level 3

This is the right class for children who

- can float on their back and front unassisted
- BUT cannot yet do a front and back crawl for 15 yards.

Swimmers will work on jumping into water, swimming front crawl and backstroke for 15 yards, treading water, and floating of 30 seconds. There is an emphasis on water safety and developing a strong, steady flutter kick and proper body position.

Children will often repeat this class for a few sessions. They are ready to go to level 4 when they are ready and able to swim the length of the pool (25 meters) front crawl, and to kick on their back for 25 meters (with or without arm strokes.)

Pre-req: can float back and front without support

Level 4

This is the right class for children who

- have a strong steady flutter kick and can swim the length of the pool (25 meters) freestyle and backstroke for 25 meters (with or without arm strokes.)
- show a significant difference from level 3 in ease and form: Swimmers should master level 3 skills before moving to level 4.

Swimmers will become comfortable in deep water. They will work on front crawl and back crawl, breaststroke kick and butterfly fundamentals. The emphasis is on good body position and stroke mechanics. Children will often repeat this class for a few sessions. They are ready to go to level 5 when they can swim 25 meters of freestyle and backstroke easily, have a legal breaststroke kick, and can do a basic body wave (butterfly body undulation)

Pre-req: front and back crawl for 25 meters

Level 5

This is the right class for children who

- can swim 100 meters of freestyle and backstroke easily, have a legal breaststroke kick, and can do a basic body wave (butterfly body undulation)

Swimmers will improve front crawl and backstroke and learn fundamentals of butterfly and breaststroke.

Pre-req: front and back crawl for 100 meters

Questions ?

Please contact Brian Smith: brianbbsmith@hotmail.com or 410-245-3845

