

2024 Swim Level Descriptions

HAYSVILLE POOL

Water Babies

This class is designed for parents and guardians of infants and toddlers **6 months-4 years old**. This is a great opportunity to begin introducing your child to water and all the fun they can have in it! You will learn how to hold and assist your child while they learn basic skills.

Tiny Tots

This class is designed for **ages 3-5 years old**. Special care is taken to ensure that your child learns to enjoy the water and feel safe. A large portion of the class is based around games and playing to facilitate basic swim skills.

Level 1 - Tadpoles

SWIM 3 lines on their own in water that they cannot touch to pass to level 2

- Enter and exit water safely using ladder, steps or slide
- Submerge mouth, nose and eyes
- Maintain front float position, back float position, face in and out of water
- Changing direction of travel while walking or paddling
- Explore arm and hand movements
- Swim on front and back—alternate arm and leg action with help.
- Water safety—use a life jacket
- Helping others, how to get help

Level 2 – Froglets

Can swim across the pool with no help to pass this level on front and back

- Enter water by stepping or jumping from side
- Submerge entire head, bobs, open eyes underwater
- Maintain front float position, front glide with help
- Maintain back float position, back glide with help
- Change direction of travel paddling on front or back, roll over
- Using arm and leg motions
- Swim on front, back and side—combined arm and leg motions
- Water Safety—move in the water using a life jacket
- Helping others, how to recognize a swimmer in distress

Level 3 - Otters

Can swim 2 laps across the pool and knows how to breathe properly while staying in the swimming position

- Water entry and exit—jump into deep water from side
- Breath control—bob, submerging head completely
- Buoyancy on front—front glide, survival float without help
- Buoyancy on back—back glide, back float without help
- Change from vertical to horizontal position on front and back
- Tread water
- Front and back crawl, butterfly—kick and body motion
- Rules for safe diving, HELP position, huddle position
- Helping others, reaching assist

Level 4 – Fishes

Knows all strokes and is working on refining them

- Water entry and exit—dive from compact position
- Breath control—swim underwater
- Buoyancy on front—survival float
- Buoyancy on back—back float
- Changing direction and position
- Tread water using different motions
- Swim on front, back & side—crawl, breaststroke, scissors kick
- General and personal water safety—Safe diving
- Helping others, throwing assist

Level 5 – Dolphins

MASTERING THE STROKES

- Water entry and exit—shallow dive
- Breath control and underwater swimming
- Buoyancy on front and back—survival and back float
- Changing direction and position
- Treading water—kick one & two
- Swim on front, back and side—crawl, butterfly, breaststroke, sidestroke
- General and personal water safety—survival swimming
- Helping others—rescue breathing intro

Level 6 – Sharks

Endurance or fixing strokes for kids who swim competitive

- Endurance Skills-Front and Back Crawl, breaststroke, sidestroke, backstroke, and butterfly
- Turns—front crawl, sidestroke, backstroke, flip, breaststroke and butterfly
- HELP and huddle position; feet first, pike and tuck dives
- Tread water, survival float and swimming
- Safety rules for open water, boating rules
- Cooper 12 minutes swim pre-assessment
- Endurance skills—Front and back crawl, breaststroke, sidestroke, backstroke and butterfly
- Turns—front crawl, sidestroke, backstroke, flip, breaststroke and butterfly
- Diving skills
- Pull buoy, use fins and paddles while swimming
- Intro to Lifeguard Skills
- Exit Skills

GUARD START- MUST BE 11 and there will be a am and pm time each session

Pre lifeguard class skills/ shadowing/ intro to all LG skills and CPR and First Aid they will learn them but not be certified.