

Goals of Each Swimming Lesson Level

Level 1 goals: The students should be comfortable in the water, get their heads wet, successfully doing their front and back floats by themselves, getting a fully submerged object 2 times, and making combined arm and leg actions making forward motion on both front and back.

Level 2 goals: The students should be able to tread for 15 seconds along with having the basic movements of the front and back crawl at least half way down the length of the pool.

Level 3 goals: The students should be able to make it down one length of the pool doing their front crawl, back crawl, and elementary backstroke along with treading for 30 seconds. Students should also be able to make a head-first entry into deep water in kneeling position.

Level 4 goals: The students should feel comfortable swimming from wall to wall in the deep end. They should start to develop their strokes and swim for longer periods of time.

Level 5 goals: The students should be able to swim both the distance required for level 5 and have all of the swimming strokes of the front crawl, backstroke, elementary backstroke, breaststroke, butterfly and sidestroke perfected.

Level 6 goals: The students should be able to swim the distance required to become a fitness swimmer mastering all of the swimming strokes learned previously for the front crawl, back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly. Students should be able to tread for 5 minutes.