

# **Sartell Community Education Swim Lesson Skills By Level**

## **Preschool (Ages 4 and 5)**

### **To be in Level 1 (Ages 5 and up)**

- Bob underwater at least 3 times
- Jump/Slide into chest deep water and return to wall
- Blow bubbles
- Underwater breath holding - 3 seconds
- Front float with face in water - 3 seconds
- Back float with ears in water - 3 seconds
- Front blast off with face in water
- Back blast off with ears in water
- Flip flops (Front to back, Back to front)
- Flutter kick on front - 5 yards
- Flutter kick on back - 5 yards
- Scoops on front - 5 yards
- Front paddle - 5 yards
- Back paddle - 5 yards

### **To be in Level 2 (Ages 5 and up)**

- Must be able to complete all skills from prior level(s)
- Bob underwater at least 5 times
- Underwater breath holding - 5 seconds
- Swim underwater to pick up object
- Back float with ears in water - 5 seconds
- Front float with face in water - 5 seconds
- Flutter kick on front - 7 yards
- Flutter kick on back - 7 yards
- Scoops on front - 7 yards
- Front paddle - 7 yards
- Back paddle - 7 yards

### **To be in level 3 (Ages 5 and up)**

- Must be able to complete all skills from prior level(s)
- Bob underwater at least 10 times
- Underwater breath holding - 8 seconds
- Swim underwater through hoop
- Front float with face in water - 10 seconds
- Back float with ears in water - 10 seconds
- Front blast off and return to wall
- Back blast off and return to wall
- Flutter kick on front and back - 10 yards
- Front crawl - 10 yards
- Back crawl - 10 yards
- Elementary backstroke arm motion - 5 yards
- Whip kick on front and back - 5 yards

## **Sartell Community Education Swim Lesson Skills By Level**

### **To be in level 4 (Ages 5 and up)**

- Must be able to complete all skills from prior level(s)
- Jump into deep water and return to wall
- Bob underwater and move to wall 5 times
- Swim underwater 5 yards and pick up object
- Front float (deep end) 15 seconds
- Back float (deep end) 15 seconds
- Front and back glide - 5 yards
- Flutter kick on front and back - 15 yards
- Whip kick on front and back - 10 yards
- Front crawl, rhythmic breathing - 15 yards
- Back crawl - 15 yards
- Sitting and kneeling dive
- Tread water - 30 seconds

### **To be in level 5 (Ages 5 and up)**

- Must be able to complete all skills from prior level(s)
- Feet first surface dive in deep water
- Front crawl open turn
- Back crawl open turn
- Somersault underwater
- Underwater swimming - 5 yards
- Tread water - 1 minute
- Flutter kick on front and back - 25 yards
- Whip kick on front and back - 15 yards
- Dolphin kick - 15 yards
- Front crawl with rhythmic breathing - 25 yards
- Back crawl - 25 yards
- Elementary backstroke - 25 yards
- Breaststroke - 15 yards
- Standing dive

## **Sartell Community Education Swim Lesson Skills By Level**

### **To be in level 6 (Ages 5 and up)**

- Must be able to complete all skills from prior level(s)
- Tuck or pike surface dive in deep water and pick up object
- Front crawl flip turn
- Back crawl flip turn
- Underwater swimming - 1yards
- Tread water using both whip kick and scissor kick - 2 minutes
- Flutter kick on front and back - 50 yards
- Whip kick on front and back - 25 yards
- Dolphin kick - 15 yards
- Front crawl with flip turn - 50 yards
- Back crawl with flip turn - 50 yards
- Elementary backstroke - 50 yards
- Breaststroke - 25 yards
- Butterfly - 15 yards
- Shallow angle dive