

Welcome! We hope you enjoy lessons. If you have any questions or concerns feel free to flag down your deck supervisor or call the Swim Center at 605-394-5223.

*6 Major Skills in each level. When all are mastered, students are ready for the next level.*

<b>Introduction to Water Skills</b> <b>Level 1</b> <b>Red</b>	<b>Introduction to Independent Swimming</b> <b>Level 2</b> <b>Yellow</b>
<b>Front Kick</b> – Performs the front kick with kickboard for 15 feet	<b>Independent In-Line Kick</b> – Performs the in-line kick without buoyancy equipment
<b>Back Kick</b> – Performs the back kick with noodle for 15 feet	<b>Independent Back Kick</b> – Performs the back kick without buoyancy equipment
<b>Breath Control</b> – Performs 5 consecutive comfortable submersions	<b>Refined Breath Control</b> – Performs 10 consecutive rhythmic bobs
<b>In-Line Kick</b> – Performs in-line kick with barbell, with face in the water for 15 feet	<b>Backstroke</b> – Performs the backstroke for 35 feet
<b>Beginning Freestyle</b> – swims 15 feet without standing using alternating arm and leg actions	<b>Freestyle</b> – Performs the freestyle for 35 feet (no side breathing required)
<b>Floating on Front and Back</b> – able to float on front for 5 seconds; roll to back and float on back for 5 seconds	<b>Change Direction</b> – Able to independently turn around and swim opposite direction
<b>Independent Skills with Added Distance</b> <b>Level 3</b> <b>Blue</b>	<b>Advanced Swim Strokes</b> <b>Level 4</b> <b>Green</b>
<b>Freestyle w/ Side Breathing</b> – Performs freestyle with side breathing for 35 feet	<b>Freestyle w/ Side Breathing</b> – Performs freestyle with side breathing for 25 yards
<b>Refined Backstroke</b> – Performs backstroke for 25 yards	<b>Breaststroke and Butterfly</b> – Performs the breaststroke and butterfly strokes for 35 feet
<b>Treading Water</b> – able to tread using arms and legs keeping head above water for 1 minute	<b>Treading water</b> – Tread water for 2 minutes using at least 2 different kicks
<b>Elementary Backstroke</b> – Performs the elementary backstroke for 35 feet	<b>Sidestroke and elementary backstroke</b> – Perform sidestroke and elementary back for 25 yards
<b>Headfirst entry</b> – Able to enter the water headfirst by performing standing or kneeling dive	<b>Open Turns</b> – Performs open turns while swimming the freestyle and backstroke
<b>Introductory Kick Knowledge</b> – Performs scissor, dolphin, and breaststroke kicks for 35 feet	<b>Diving Skills</b> – Perform head-first and feet-first surface dives as well as standing dives from pool edge



<b>Advanced Technique and Endurance Swimming</b> <b>Level 5</b> <b>Purple</b>		
<b>Freestyle</b> – Swims freestyle with consistent side breathing and open turns for 50 yards		
<b>Breaststroke and butterfly</b> – Swims breaststroke and butterfly for 25 yards		
<b>Shallow Angle Dive-</b> Enter headfirst from the side, glide, then begin freestyle		
<b>Backstroke</b> – Swims backstroke with open turns for 50 yards		
<b>Flip turns</b> – front and backstroke flip turns while swimming		
<b>Endurance swim</b> – Able to continuously swim 200 yards using any stroke		