

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</b> <b>NOTE: this level is play based and will introduce children to our lessons program</b> <b>Preschool 1</b> <b>Red</b>	<b>Introduction to Swim Strokes</b> <b>Preschool 2</b> <b>Yellow</b>
<b>Water Entry and Exit – Able to independently enter and exit the water</b>	<b>Front Kick</b> – Performs the front kick with kickboard for 15 feet with instructor assistance
<b>Submersion</b> – Able to submerge mouth, nose, and eyes and blow bubbles for 3 seconds	<b>Back Kick</b> – Performs the back kick with noodle for 15 feet with instructor assistance
<b>Assisted Back Float</b> – Able to float on back with instructor assistance for 5 seconds	<b>Breath Control</b> – Performs 5 consecutive comfortable submersions
<b>Assisted Front Kick</b> – Able to kick on front with instructor assistance for 10 feet	<b>Water Entry</b> – Enter water by jumping from the side (with assistance)
<b>Recovery from Front and Back</b> – Able to move from horizontal to vertical position from front and back float (with assistance)	<b>Dependent Freestyle</b> – Performs freestyle arm and leg actions while using noodle for support for 15 feet
<b>Roll Front to Back and Back to Front</b> – Able to change from front to back and back to front with instructor assistance	<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>Introduction to Independent Swimming</b> <b>Preschool 3</b> <b>Blue</b>	<b>Independent Swim Skills</b> <b>NOTE: class may be taught in deep water</b> <b>Preschool 4</b> <b>Green</b>
<b>In-Line Kick</b> – Performs in-line kick with barbell, with face in the water for 15 feet without instructor assistance	<b>In-line Kick</b> – Performs in-line kick without assistance for 35 feet
<b>In-Line Kick</b> – Performs in-line kick without barbell for 15 feet	<b>Independent Back Kick</b> – Performs the back kick without buoyancy equipment
<b>Back Kick</b> – Performs the back kick with noodle for 15 feet without assistance	<b>Freestyle</b> – Performs the freestyle for 35 feet (no side breathing required)
<b>Submersion</b> – Able to fully submerge and hold breath for 10 seconds	<b>Backstroke</b> – Performs the backstroke for 35 feet
<b>Beginning Freestyle</b> – swims 10 feet without standing using alternating arm and leg actions	<b>Water Entry</b> – Able to enter deep water (over 5 ft) from pool edge without assistance
<b>Back Float</b> – Able to float on back for 10 seconds without assistance of instructor	<b>Change Direction</b> – Able to independently turn around and swim opposite direction

