

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.

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

