***SwimLabs Class Level Skills – Ken Caryl Ranch House***

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| **BEGINNER 1** | **BEGINNER 2** | **BEGINNER 3** | **INTERMEDIATE 1/2** |
| **Water Safety & Stroke Foundation Skills*****Warm-Up Skills**** Safety bobs holding instructor- 5 bobs
* Face submerged w/ nose bubbles- 5 seconds
* Assisted wall work- 5 ft.

***Stroke Skills**** Front float independently-

5 seconds* Back float independently-

5 seconds* Front kicking on shoulders w/ face submerged- 5 seconds
* Back kicking w/ head in hands-

5 seconds* Freestyle arms on shoulders w/ face submerged- 5 seconds

***Ending Skills**** Front to back float w/ instructor initiating head turn
* Back to front float w/ instructor initiating head turn
* Jump off bench to instructor w/ full submersion
 | **Water Safety & Basic Stroke Skills*****Warm-Up Skills**** Bobs independently- 5 bobs
* Independent wall work- 15 ft.

***Stroke Skills**** Front kicks independently- 5 seconds
* Back kicks independently- 5 seconds
* Freestyle independently- 4 strokes
* Backstroke independently- 8 strokes

***Ending Skills**** Front to back float independently
* Back to front float independently
* Jump off the bench and swim back to wall (with and without goggles)
 | **Water Safety & Gaining Independence*****Warm-Up Skills**** Bobs independently- 10 bobs

***Stroke Skills**** Front kicks- 10 seconds
* Back kicks- 10 seconds
* Freestyle w/ side breathing w/ alignment board- 20 strokes
* Backstroke w/ proper timing- 20 strokes

***Ending Skills**** Jump off the bench and swim across pool
 | **Stroke Development:** **Freestyle, Backstroke & Breaststroke*****Warm-Up Skills**** Underwater streamline with flutter kick on stomach-

5 seconds***Stroke Skills**** Freestyle with side breathing-

20 strokes* Backstroke- 50 strokes

Breaststroke kick- 6 kicks***Ending Skills**** Freestyle- 50 strokes
* Backstroke- 75 strokes
* Breaststroke with arms and breath- 5 strokes
* Breaststroke with proper timing- 10 strokes
* Dolphin Kick- 5 seconds
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