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

|  |  |  |  |
| --- | --- | --- | --- |
| **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 |