


Joe Humbert Family Aquatic Center
Swim Lesson Level Indicator

Improve your skills, learn water safety and explore potential future jobs in aquatics! It is never too late and you are never too old to learn to swim!

Instructor/Parent Supported Skills		Instructor-Supported Skills				Independent Support with Instructor		
Parent/Child	Parent/Child	Typically Ages 3 years to 5 years		Typically Ages 6+				
WATER-WIGGLES	WATER-BUGS 1	WATER-BUGS 2	WATER-BUGS 3	BEGINNER 1	BEGINNER 2	INTERMEDIATE 1	INTERMEDIATE 2	ADVANCED 1
Entering water safely: Always wait for teacher or a parent.	Entering water safely: Always wait for teacher or a parent.	Entering water safely: Always wait for teacher or a parent.	Entering water safely: Always wait for teacher or a parent.	Entering water safely: Always wait for teacher or a parent. Swim where there are lifeguards.	Entering water safely: Never swim alone. Swim where there are adults and lifeguards.	Entering water safely: Never swim alone. Swim where there are adults and lifeguards.	Entering water safely: Never swim alone. Swim where there are adults and lifeguards.	Entering water safely: Wear lifejackets when on a boat, never swim alone.
Kicking in front & back.	Kicking in front & back.	Kicking in front & back.	Wearing sunscreen when playing in the sun.	Kicking in front & back.	Wearing sunscreen when playing in the sun and re-apply every 2 hours.	Lifejacket safety for non-swimmers and when boating.	The “why” for pool rules.	Helping those who need help in the water: Reaching and throwing assists.
Front & back float	Front & back float	Front & back float	Recognizing an emergency.	Front & back float	Kicking on front and back.	Recognizing and emergency. Call an adult, lifeguard or 911.	Helping those who need help in the water: reaching and throwing assists.	Front Crawl and Backstroke.
Blowing bubbles in the water, getting face wet.	Blowing bubbles in the water, getting face wet.	Breath control: bobs, blowing bubbles.	Front and back glides with kicks	Breath control: bobs, blowing bubbles, fully submerged head.	Reach and pull arms blowing bubbles, face submerged.	Front and back glides with kicks.	Front crawl/freestyle	Breaststroke and elementary backstroke.
Explore moving in the water. Jump from side to instructor. Reach and pull arms. Arm movement through the water.	Explore moving in the water. Jump from side to instructor. Reach and pull arms. Arm movement through the water.	Finning on back.	Reach and pull arms with submerged face. Starfish float.	Make a streamline (rocket arms)	Breath control: bobs, blowing bubbles. Front and back floats	Reach and pull arms with submerged face. Elementary backstroke arms (chicken, airplane, rocket).	Breaststroke and dolphin kicks	Breaststroke arms and legs
Participate in songs and games with parent and instructor.	Relaxed on front and back in water (not trying to sit up or grab for support).	Reach and pull arms blowing bubbles, face submerged.	Starfish float.	Relaxed on front and back in water (not trying to sit up, or grabbing onto instructor)	Reach and pull arms. Arm movement through the water	Make a streamline (rocket arms)	Rolling from back to front	Undulation with dolphin kick.
Relaxed on front and back in water (not trying to sit up or grab for support).	Float on back with minimal instructor support, relaxed on back.	Starfish float on back (should be relaxed) 5 seconds.	Elementary backstroke arms (chicken, airplane, rocket). Make a streamline (rocket arms)	Fully submerge head and face in water using breath control (hold breath)	Starfish float.	Breaststroke kick (up, make a Y, circle around, feet together and glide).	Elementary backstroke arms.	Undulation adding butterfly arms.
Float on back relaxing in the water.	Enter the water safely. Wait for parent cues.	Forward glide from wall in streamline, face submerged back.	Breaststroke kick (up, make a Y, circle around, feet together and glide).	Float on back with minimal instructor support, relaxed on back.	Finning on back.	Introduce freestyle arms	Elementary backstroke legs	Breaststroke: refine timing, pull, breathe, fast hands, face down, kick, glide.
Enter the water safely. Wait for parent cues.	Enjoy playing in the water.	Back glide from wall relaxed on back.	Introduce freestyle arms.	Float on front with face under water 3 seconds.	Forward glide from wall in streamline or arms at side, face submerged.	Introduce side breathing	Breaststroke arms (pull to mid-chest, don’t pull past hipline).	Freestyle and backstroke: lengths of pool building and endurance
Enjoy playing in the water.	Relaxed with face in the water 3-5 seconds.	Roll from front to back and back to front.	Introduce side breathing.		Back glide from wall relaxed on back.	Introduce backstroke arms with flutter kick on back.	Breaststroke timing: pull, breathe, shoot hands forward, face down, kick, glide.	Sidestroke: arms and legs
		Able to swim at least 5 feet with face submerged using arm and leg action.	Dolphin kick (legs together)		Roll from front to back and back to front.	Introduce backstroke arms with flutter kick on back.	Backstroke arms. Add arms to kicking on back. Tall arms.	Flip turns and open turns.
		Float on back and front 10 seconds, unsupported.	Swim 10 feet unsupported.			Dolphin kick (legs together)	Undulation motion on front (dolphin drill)	Introduction to competitive swimming: Swimming for sport and life.
		Roll from back to front and front to back (with/without support).			Able to swim at least 5 feet with face submerged using arm and leg action.	Swim 10 feet unsupported	Swim freestyle 20 feet.	Swim 50 yards using freestyle and backstroke
			Able to swim 10 feet unsupported using kicking and arm actions.		Float on back and front 10 seconds unsupported then beginning finning for 5 feet.	Able to swim 10 feet unsupported using freestyle with side breathing.	Able to swim freestyle with side breathing for 20 feet.	Swim 25 yards using breaststroke.
			Able to perform dolphin and breaststroke kicks with/without support.		Roll from back to front and front to back (without support).	Able to perform breaststroke and dolphin kick unsupported on kickboard and/or wall.	Breaststroke arms and legs. Student proves understanding of timing of stroke.	Butterfly 10 feet.
						Swim freestyle 10 feet, roll onto back and fin on back 10 feet.	Undulation on front with dolphin kick arms in front and arms at sides.	Side stroke 10 feet.
REVIEW SKILL	CRITICAL SKILL					Elementary backstroke arms and legs 10 feet.	Elementary backstroke arms and legs.	