



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH SWIM LESSONS

6 Years – 12 Years | Levels 1-7



Level 1: Water Acclimation

A beginner class for children who have little to no swim experience.

Level 2: Water Movement

A beginner class where students will swim half of the pool length (15-20 yards) front facing with their face in the water. Students are learn how to be comfortable in deep water.

Level 3: Water Stamina

An intermediate class for students in between levels where they will swim close to one length of the pool (20-25 yards), perform an elementary backstroke, and learn how to be comfortable in deep water.

Level 4: Stroke Introduction

An intermediate class where students will swim:

- One pool length (25 yards), front crawl with rotary breathing
- One pool length (25 yards), backstroke
- Close to one pool length (15-20 yards), elementary breaststroke

Level 5: Stroke Development

An advanced class where students will swim:

- Two pool lengths (50 yards), front crawl
- Two lengths (50 yards), backstroke
- One pool length (25 yards), breaststroke
- One pool length (25 yards), elementary butterfly / kick

Students will also learn elementary dives and flip-turns.



Level 6: Stroke Mechanics

An advanced class where students will swim:

- Three or four pool lengths (75/100 yards), front crawl
- Three or four pool lengths (75/100 yards), backstroke
- Two pool lengths (50 yards), breaststroke
- One pool length (25 yards), butterfly

Students will also learn how to perform flip turns & racing dives.

Level 7: Youth Stroke Development

A class for advanced swimmers where they will swim a 200 individual freestyle, backstroke, breaststroke, and butterfly medley. Students will learn how to perform competitive flip turns and racing dives.