



Swim Lessons Printout

***Note:** It may take more than one time in each level to graduate onto the next. This program is based on skill, so the quicker your child develops the skills necessary to pass, the faster they can accelerate through the program.

Parent/Child, 6 Months – 4 Years (30 Minute Lessons)

Parent/Child Level A

Parent/Child Level A is a program for parents and children. Level A is for children who:

- Are 6 months to 3 years old and have either no water experience or one previous session of water adjustment lessons.

Parent/Child Level B

Parent/Child Level B is a program for parents and children. Level B is for children who:

- Are 2 to 4 years old and have little experience in water adjustment lessons, are reluctant to enter the water or submerge, requires flotation support at all times or may benefit from parental presence and support in the water.

Preschool Age, 3-6 Years (30 Minute Lessons)

Skippers 1

Prerequisites: Age 3 and comfortable in the pool without a parent.

The objective of Skippers 1 is to focus on water adjustment, safety and basic swimming skills.

Skippers 2

Prerequisites: Age 3 and have passed Skippers 1 or that your child is able to float on their back with little to no assistance and is comfortable with submerging their whole head under the water.

The objective of Skippers 2 is to start to develop fundamental skills.

Skippers 3

Prerequisites: Age 3 and have passed Skippers 2 or your child should be able to float independently and be able to swim at least three body lengths with little assistance.

They should also be comfortable jumping into a shallow pool with supervision.

The objective of Skippers 3 is to begin stroke development.

School Age, 5- 13 Years (45 Minute Lessons)

Level 1- Introduction to Water Skills

Prerequisites: Age 5

The objective of Swimmers 1 is to help students feel comfortable in the water and to enjoy to the water safely.

Level 2- Fundamental Aquatic Skills

Prerequisites: Passed Swimmers 1, or your child should be able to make forward progression in the water independently for at least five body lengths. They should also be able to float independently on their backs and know the basic concept of treading water.

The objective of Swimmers 2 is to give students success through fundamental swimming skills. Students learn to float without support and to recover to a vertical position. Students explore simultaneous and alternating arm and leg actions.

Level 3- Stroke Development

Prerequisites: Passed Level 2, or your child should be comfortable in deep water. They should know how to tread water for 30 seconds and make forward progression in the water for at least half the length of the pool.

The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice.

Level 4- Stroke Improvement

Prerequisites: Passed Swimmers 3, or your child should know how to hold their breath under water for at least 15 seconds and also be proficient in front crawl stroke and backstroke across the length of the pool. They should also be able to make a head first entry into deep water.

The objective of Swimmers 4 is to develop confidence in the strokes learned and to improve other aquatic skills.

Level 5- Stroke Refinement

Prerequisites: Passed Swimmers 4, or your child should know how to perform the front crawl stroke, breaststroke, elementary backstroke, and backstroke for at least one length of the pool each with little to no breaks.

The objective of Swimmers 5 is coordination and refinement of strokes.

Level 6- Swimming and Skill Proficiency – Swimming for Fitness

Prerequisites: Passed Swimmers 5, or your child can swim 25 yards breaststroke, elementary backstroke and sidestroke, 50 yards front and back crawls. Can do 15 yards butterfly, perform stride jump, open turns, and 2 minutes treading water.

The objective of Swimmers 6 Fitness swimmer is to refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances.

* If you would like a more detailed printout or to sign up for lessons visit cvswim.com and visit our lessons webpage.