

Muskegon Yacht Club Swim Lessons Summer 2010

Red Cross Learn-to-Swim Levels 1-6

Level 6: Swimming and Skill Proficiency – Lesson Time: 8:30 AM.

Learn-to-Swim Level 6 refines strokes so participants swim them with more ease, efficiency, power, and smoothness and over a greater distance. This level can be customized to meet the objectives of the participants, whether that is a greater level of competition or fitness. **How do you know if your swimmer should be in Level 6?** Before entering this level, your swimmer should be able to efficiently perform all strokes with open and flip turns. They should also be able to dive off the edge of the pool.

Level 5: Stroke Refinement – Lesson Time: 9:00 AM.

Learn-to-Swim Level 5 works on the coordination and refinement of strokes. Participants refine their performance of all strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced. **How do you know if your swimmer should be in Level 5?** Before entering this level, your swimmer should be able to demonstrate effective strokes in the front crawl and back crawl. More importantly, they should also be able to demonstrate some proficiency in breaststroke, back crawl, butterfly, and sidestroke.

Level 4: Stroke Improvement – Lesson Time: 9:30 AM.

Learn-to-Swim Level 4 develops participants' confidence in the front crawl and back crawl. This level also introduces breaststroke, butterfly, and the basics of turning at a wall. **How do you know if your swimmer should be in Level 4?** Before entering this level, your swimmer should be able to float on both their front and back. They should also be able to swim front crawl and back crawl for the length of the pool.

Level 3: Stroke Development – Lesson Time: 10:00 AM.

Learn-to-Swim Level 3 teaches participants to float on their front and back, swim the front crawl and back crawl, and introduces the scissors and dolphin kicks. This level also works on the fundamentals of treading water and headfirst entries into the water. **How do you know if your swimmer should be in Level 3?** Before entering this level, your swimmer should be able to swim independently on their front for 5 body lengths. They should also be able to float independently on their front or back for at least 5 seconds.

See next page for Levels 1 and 2.

Level 2: Fundamental Aquatic Skills – Lesson Time: 10:30 AM.

Learn-to-Swim Level 2 teaches participants more of the fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants further develop simultaneous and alternating arm and leg actions on the front and back that lay the foundation for future strokes. **How do you know if your swimmer should be in Level 2?** Before entering this level, your swimmer should be able to enter independently. They should also be able to “bob” in and out of the water 3 times and glide on their front for at least 2 body lengths (with support from the instructor, if necessary).

Level 1: Introduction to Water Skills – Lesson Time: 11:00 AM.

Learn-to-Swim Level 1 teaches basic personal water safety information and skills. It helps participants feel more comfortable in the water and to enjoy the water safely. Specifically, participants learn how to blow bubbles and open their eyes underwater, float and glide on both their front and their back (with support), and basic arm and leg motions for front crawl and back crawl. **How do you know if your swimmer should be in Level 1?** Level 1 is open to all beginners. Most swimmers beginning in level 1 have little experience in the water and may be only somewhat comfortable putting their face in. This level is the foundation for all other levels and is highly recommended if your child has little experience with any swimming skills.

Jillian Newton – Muskegon Yacht Club Swim Lesson Instructor (231) 557-6439
(Note: Your child may be moved to a different level after the first day of lessons. You will be notified after the lesson if this is needed. This is done to ensure that all the participants in each level are at an equal pace.)