Swim School: Beginner 1

Purpose - To begin developing good swimming habits and safe practices in and around the water

Skills Taught
- Enter & exit the water using ladder, steps or side
- Blow bubbles through mouth and noise; Bobbing
- Open eyes underwater & retrieve submerged objects
- Front and back glides and floats
- Recover to a vertical position
- Roll from front to back and back to front
- Finning arm action
- Tread water using arms and legs
- Alternating leg & arm action on front and back
- Streamlined position
- Change direction while swimming on front or back
- Learn to look carefully before entering water
- Recognize an emergency & know who to call for help

*Children must successfully complete Beginner 1 skills to enroll in the Beginner 2 level.

Swim School: Beginner 2

Purpose - To give participants success with fundamentals skills, including learning how to float without support and to recover to a vertical position

Skills Taught
- All the skills from Swim School: Beginner 1
- Front jelly fish and tuck floats
- Open eyes underwater & retrieve submerged objects
- Treading using arms & legs for at least 30 seconds
- Alternating leg action on front and back
- Alternating arm action on front and back
- Basic freestyle
- Basic backstroke
- Basic diving skills- Headfirst entry from the side in a sitting position
- Learn how to stay safe
- Recognize an emergency & know who to call for help

**Children must successfully complete Beginner 2 skills to enroll in advanced levels.