

ARC Learn-to-Swim Skill Level Descriptions

Level 1: Introduction to Water Skills

Helps students feel comfortable in the water and to enjoy the water safely. **Requirements:** Designed for novices with little or no swimming experience.

Level 2: Fundamental Aquatic Skills

Gives students success with fundamental skills. **Requirements:** Swimmer can enter the water unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. Float on front with face in water and with support for 3 seconds, roll to back with assistance and float on back with support for 3 seconds.

Level 3: Stroke Development

Builds on the skills in level 2 by providing additional guided practice. **Requirements:** Swimmer can step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position. Push off and swim using a combination of arm and leg actions for 15 feet on the back.

Level 4: Stroke Improvement

Develops confidence in the strokes previously learned and to improve other aquatics skills. **Requirements:** Swimmer can jump into chest deep water from the side, swim front crawl 15 yards with face in water with rhythmic breathing, maintain position by treading or floating for 30 second and swim back crawl for 15 yards.

Level 5: Stroke Refinement

Provides further coordination and refinement of strokes. **Requirements:** Swimmer can perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on the back 1 minute in deep water (floating or sculling) and swim elementary backstroke for 15 yards. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

Level 6: Swimming and Skill Proficiency

Refines the strokes so students are able to swim them with ease, efficiency, power and smoothness over greater distances. **Requirements:** Swimmer can perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and elementary backstroke for 25 yards. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.