



Mountain Swimming Class Levels

 Skills listed below are taught within that level

 Water safety skills are taught at all levels 

Splash Class

This parent infant class for ages **6mos-3yrs** covers parent skills such as holding positions, cues, and basic safety. Infant skills cover water adjustment, exploring the pool, front kick, prone glide, blowing bubbles, back float, arm movement on front, water entrance and exit.



Beachcomber Class

This parent toddler class for young **3's** is designed to help children who are not yet comfortable in the water to transition to a class on their own. The first week of class parents are in the water, the second week children are in class with their instructor without a parent. Toddler skills cover water adjustment, exploring the pool, front kick, front glide, bobbing underwater, back float, front arm movements, standing and walking in water, righting self after submersion. Child must turn 3 before or during the enrolled session.

Wave Riders - Ages 3-5

****Students must have starred skills to move up to the next level**

WR 1- No previous water instruction

- Blowing bubbles**
- Submerging head **
- Front float with help**
- Front arm movements
- Back float with help**
- Flutter kick
- Jump in chest deep water with help
- Independent water exploration**
- Knowledge of pool rules**



WR3 & WR4 are held mainly in the 3ft lane.

WR 3-Front glide w/flutter kick alone**

- Hold breath for 10 sec**
- Intro to rhythmic breathing
- Arm strokes & kicks 10 ft**
- Back float alone 3-5 seconds**
- Jump in chest deep water and level off to float alone
- Elementary backstroke with help
- Ten safety bobs in 4 ft of water**

WR 2- Previous water instruction

- Front glide alone**
- Back float with help**
- Beginning arm strokes**
- Elementary back stroke with help
- Jump in chest deep water alone
- Ten safety bobs alone**
- Recover to stand position from front/back floats alone
- Flutter kick alone with board**



WR 4- Hold breath underwater for 15 seconds

- Front glide alone with kick 15ft.**
- Crawl stroke arms with kick alone 15ft.**
- Elementary backstroke alone 10ft.**
- Continuous safety bobs length of lane**
- Flip from front to back alone**
- Tread water for 10 seconds

Students passing WR4 are ready to progress to SS3

Swim Stars – Ages 6 and up

****Students must have starred skills to move up to the next level**

SS1-No previous water instruction.

- Blow bubbles ** Submerge head**
- Front float with help** Front arm movements
- Back float with help** Flutter kick
- Independent water exploration**
- Beginning elementary backstroke with help
- Jump in chest deep water with help
- Return to stand after front/back floats alone
- Knowledge of pool rules**



SS4-(breast stroke is introduced)

- Deep-water bobbing 15ft**
- Front crawl with rotary breathing width of pool**
- Elementary backstroke alone width of pool**
- Back stroke alone width of pool**
- Breaststroke arm introduction
- Breaststroke kick introduction
- Swim underwater**
- Tread water 1 minute**

SS2-Previous water instruction

- Back float alone** Beg rhythmic breathing
- Front glide with kick alone 10ft**
- Arm stroke with kick, no breathing 10ft.**
- Elementary backstroke alone 10ft.
- Jump in chest deep water level off to float & kick
- Return objects from bottom in chest deep water
- Beginning backstroke with assistance
- Hold breath underwater for 15 seconds**
- Safety bobs for 7ft **



SS5-(breast stroke is refined, butterfly is introduced)

- Front crawl 2 widths with wall/turn no stopping**
- Back crawl 2 widths with wall/turn no stopping**
- Breast stroke alone 20ft**
- Side stroke alone 20ft
- Swim under water 10ft **
- Butterfly kicks
- Open turn on front and back
- Beginning flip turns
- Tread water 2 minutes**

SS3-Crawl stroke w/rhythmic breathing 10 times**

- Back stroke alone with arms 10ft
- Turn over from front to back float/back to front float**
- Bob 5 times travel to safe area in deep water
- Elementary backstroke 15ft in deep water**
- Jump in deep water and crawl stroke
- Jump in deep water/tread water for 30 secs.
- Change direction in deep water**
- Safety bobs 15ft **



SS6-(endurance, speed, butterfly refined, pre-team level)

- Front crawl 4 widths with turns no stopping
- Back crawl 4 widths with turns no stopping
- Butterfly one width alone
- Breast stroke 4 widths with turns no stopping
- Side stroke 4 widths
- Tread water for 3 minutes
- Flip turns alone