

## Canby Swim Center Swimming Lesson Levels

This is a list of the passing requirements for each level there are also performance standards for the higher levels.

*Preschool Lessons 3-5 year olds Levels A to D School Age Lessons 6yrs plus Levels 1-7*

### LEVEL A - Guppy

- \*water adaption
- \*get in and out of the pool by self
- \*kicking and sitting on deck
- \*blowing bubbles
- \*splashes and enjoys the water
- \*ready position

### LEVEL B - Angelfish

- \*5 relaxed bobs must exhale under water
- \*open eyes under water
- \*front streamline float 5 seconds
- \*back streamline float 5 seconds
- \*jump into the instructor

### LEVEL C - Goldfish

- \*front streamline kick 1/2 a width
- \*back streamline kick 1/2 a width
- \*10 relaxed bobs must exhale under water
- \*jump in and return to th wall
- \*turn over - from front to back and return

### LEVEL D - Goldfish II

- \*crawl stroke a width
- \*backstroke a width
- \*diving progression
- \*intro to dolphin kick
- \*intro to breaststroke kick
- \*tread water

### LEVEL 1 - Starfish

- \*5 relaxed bobs must exhale under water
- \*ready position
- \*kicking and sitting on deck
- \*intro to front and back glide

### LEVEL 2 - Seahorse

- \*10 relaxed bobs must exhale under water
- \*front streamline float 5 seconds
- \*back streamline float 5 seconds
- \*intro to treading water

### LEVEL 3 - PENGUIN

- \*front streamline kick 1/2 width
- \*back streamline kick 1/2 width
- \*intro to crawl stroke 1/2 width
- \*intro to back stroke 1/2 width

### LEVEL 4 - OTTER

- \*front streamline kick a width
- \*back streamline kick a width
- \*intro to crawl stroke a width
- \*intro to back stroke a width
- \*treading water 1 min

### LEVEL 5 - SEALION

- \*freestyle a width with side breathing
- \*backstroke a width with body roll & bent arm pull
- \*diving progression
- \*treading water for 2 minutes

### LEVEL 6 - PORPOISE

- \*25yds freestyle with bilateral breathing
- \*25yds backstroke
- \*dolphin kick a width
- \*breaststroke kick a width
- \*tread water for 3 minutes

### LEVEL 7 - SWORDFISH

- \*25yds freestyle with bilateral breathing
- \*25yds backstroke
- \*25yds breaststroke
- \*25yds butterfly
- \*into to open and flip turns
- \*into to sidestroke