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