

Cola Swim School Swimmer Levels

<p>Level 1: Swimmer has no previous swim experience or is fearful of the water.</p> <ul style="list-style-type: none"><input type="checkbox"/> Swimmer can blow bubbles<input type="checkbox"/> Swimmer puts face in the water<input type="checkbox"/> Swimmer puts head underwater<input type="checkbox"/> Swimmer becomes comfortable in the water.<input type="checkbox"/> Swimmer finds joy in being in the water.<input type="checkbox"/> Swimmer begins to use freestyle kick to “push” the instructor around the pool.<input type="checkbox"/> Swimmer will pick up objects where they can stand up or from the platform floor.	<p>Level 2: Swimmer can blow bubbles and go under but can not move forward.</p> <ul style="list-style-type: none"><input type="checkbox"/> Swimmer is comfortable putting head under the water and blowing bubbles simultaneously.<input type="checkbox"/> Swimmer comfortably gets in superman position.<input type="checkbox"/> Swimmer propels themselves forward in superman using freestyle kick.<input type="checkbox"/> Swimmer will push off the wall to the instructor.<input type="checkbox"/> Swimmer will jump from the side of the pool to the instructor.<input type="checkbox"/> Swimmer begin cupping hands to pull water.<input type="checkbox"/> Swimmer will scoop water in a dog paddle style or breaststroke pull with assistance.
<p>Level 3: Swimmer shows some forward progression using dog paddle style swimming.</p> <ul style="list-style-type: none"><input type="checkbox"/> Swimmer can superman from the wall to the instructor comfortably.<input type="checkbox"/> Swimmer can use a breaststroke pull to propel themselves forward.<input type="checkbox"/> Swimmer has a strong freestyle kick.<input type="checkbox"/> Swimmer remains horizontal while swimming.<input type="checkbox"/> Swimmer can swim from the instructor to the wall and grab the wall without assistance.<input type="checkbox"/> Swimmer can jump in the water and swim a small distance to the instructor.<input type="checkbox"/> Swimmer can float on their back with assistance.	<p>Level 4: Swimmer can go smaller distances (less than a half a lap) and does not need constant assistance in the water.</p> <ul style="list-style-type: none"><input type="checkbox"/> Swimmer can roll over and float on their back from swimming.<input type="checkbox"/> Swimmer can breathe and then return to swimming without stopping.<input type="checkbox"/> Swimmer can retrieve dive stick from shallow end of the pool.<input type="checkbox"/> Swimmer can float on back unassisted to rest.<input type="checkbox"/> Swimmer can tread water for a short amount of time.<input type="checkbox"/> Swimmer can streamline off the wall to start swimming.<input type="checkbox"/> Swimmer has a steady freestyle kick.

Level 5: Swimmer can swim long distances (half a lap) but does not know freestyle or backstroke.

- Swimmer begins using rainbow arms to propel themselves forward.
- Swimmer has a steady freestyle kick.
- Swimmers can streamline kick on their back.
- Swimmers use backstroke arms to move through the water.
- Swimmers remain horizontal while swimming backstroke.
- Swimmer can do a sit down or squat dive.

Level 6: Swimmer can swim freestyle and/or backstroke efficiently.

- Swimmer begins breathing to the side.
- Swimmer can swim across the pool without stopping.
- Swimmer begins flipping for flip turns.
- Swimmer can kick breaststroke legally.
- Swimmer can use breaststroke pull legally.
- Swimmer can kick butterfly legally.
- Swimmer comfortable moves from a streamline to swim off all walls.
- Swimmer can dive from a racing position.

Level 7: Swimmer can swim all four strokes efficiently. They need to work on technique.

****This lesson is extremely tailored to each swimmer's needs. The goals will depend on what technical items the instructor and swimmer choose to work on.**