

Lucia Mar Unified School District  
**Summer Swim Swimming Levels**

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| <b>Goldfish</b>    | <b>6 Months – Toddlers (with accompanying parent or guardian in the water)</b><br>Objective is to provide parents with information and techniques to help safely supervise and accustom their children to the water.  |
| <b>Level 1</b>     | <b>Beginner Class</b><br>Objective is to help students adjust to water, learn safety in the water, attain basic skills of water entry/exit, buoyancy and breath control, locomotion, and personal safety.   |
| <b>Level 2</b>     | <b>Primary Skills</b><br>Objective is to help students achieve success with fundamental skills. Students will learn water entry/exit, water adjustment, buoyancy and breath control, turning over, and personal safety and rescue. Students will also learn to float without support and recover to vertical position. This level marks the beginning of true locomotion.   |
| <b>Level 3</b>     | <b>Stroke Readiness</b><br>Objective is to build on previous skills and coordination of front and back crawl. Students will learn water adjustment, buoyancy and breath control, locomotion, turning over, personal safety and rescue. Students will also learn elementary backstroke, principles of treading water, and rules for safe diving.   |
| <b>Level 4</b>     | <b>Stroke Development</b><br>Objective is to build confidence in the swimmer and build on strokes learned so far. Emphasis will be on increasing endurance and length of front crawl, back crawl, and elementary backstroke. Students will be introduced to breaststroke and basic turns. Students will continue to hone skills in water entry/exit, water adjustment, buoyancy and breath control, locomotion, turning over, personal safety and rescue.   |
| <b>Level 5</b>     | <b>Advanced Stroke Development</b><br>Objective is coordination and refinement of key strokes. Students will be introduced to the butterfly stroke, open turns, and feet-first diving. Students will learn to improve performance and increase swimming distance. Students will continue to hone skills in water entry/exit, water adjustment, buoyancy and breath control, locomotion, turning over, personal safety and rescue.                           |
| <b>Level 6</b>     | <b>Advanced Skills</b><br>Objective is to polish strokes so students may swim with ease, efficiency, and power and to glide over longer distances. The pike and tuck surface dives will be introduced. Students will continue to hone skills in water entry/exit, locomotion, turns, and personal safety and rescue.  |
| <b>Level 7</b>     | <b>Competitive Skills</b><br>Objective is to help the competitive swimmer perfect strokes and develop good fitness habits. Participants will learn how they can use aquatic activities throughout life to maintain physical fitness. Students will continue to hone skills in water entry/exit, locomotion, turns, and personal safety and rescue. Students will be introduced to local swim programs.  |
| <b>Diving</b>      | <b>From Beginning to Intermediate</b><br>Learning to dive is exciting and fun. Jumping off the side of the pool or from a diving board gives you a huge adrenaline rush that's hard to beat! If you have never been on a diving board or if you want to add some polish to your dives, this class is for you. Learn some fundamental and not so simple dives appropriate to your skill level.   |
| <b>Splashball™</b> | <b>Beginning Water Polo for Ages 5-10</b><br>Splashball™ is designed to introduce the sport of water polo to children 5-10 years old. The intent is to provide basic skills and understanding of the sport in a recreational format. Although water polo is known for its toughness and endurance, Splashball™ harnesses all the fun, dynamic aspects of the game in a safe, easy to learn aquatic experience that will motivate kids to swim and stay fit. |