

South Pasadena High School Swimming Skills

Beginner Level I

Prerequisite: 5 years of age

Learning

Objectives: Become oriented to the aquatic environment and move comfortably through the water
Fully submerge face and hold breath for 10 seconds
Level off from vertical position
Experience buoyancy and demonstrate breath control (bubbles)
Demonstrate streamline on front while kicking (10 seconds)
Demonstrate supported floating and kicking on front and back
Enter and exit water independently
Crawl Stroke - Alternating arm stroke with face in the water while kicking (10 yards)

Beginner Level II

Prerequisite: Demonstrate competency in Beginner I skills

Learning

Objectives: Fully submerge head and retrieve underwater objects
Explore deep water with support
Demonstrate unsupported front and back float (streamline 5 yards)
Demonstrate rhythmic breathing (25 yards)
Perform flutter kick on front and back (50 yards)
Demonstrate flutter kick on back while sculling with hands (50 yards)
Retrieve object from bottom of pool, unsupported with eyes open
Jump into deep water from side of pool, level off, kick and arm stroke to the side
Perform arm strokes, kicking and side breathing (25 yards Crawl Stroke)

Beginner Level III

Prerequisites: Demonstrate competency in Beginner II skills

Learning

Objectives: Dive from side of pool in kneeling position in deep water
Perform the components of front crawl with good rhythmic breathing (100 yards) and back crawl (50 yards) no stopping
Elementary backstroke (50 yards), Breaststroke (50 yards)
Tread water for 3 minutes and swim to side crawl stroke

Advanced Beginner Level IV

Prerequisites: Demonstrate competency in Beginner III skills

Learning

Objective: Standing dive from side of pool and tread water (5 minutes)
Build endurance by swimming front crawl (250 yards) no stopping
and back stroke (100 yards)
Learn the basics of breaststroke, sidestroke, and turning
at the wall (100 yards each stroke)
Standing dive and under water swim (15 yards)
Learn non-swimming rescue skills

Intermediate Level V

Prerequisites: Demonstrate competency in Advanced Beginner skills

Learning

Objectives: Demonstrate long shallow dive and tread water (10 minutes)
Perform the following strokes properly and with ease:
-Front Crawl (500 yards in 9 minutes 30 seconds)
-Elementary Backstroke (250 yards)
-Breaststroke (250 yards)
-Sidestroke (250 yards)
Under water swim (15 yards)
Back float (1 minute)
Face down Survival Float (5 minutes)
5 minute swim (any combination of strokes)
Feet first surface dive fully clothed
Survival skills (Clothing Test)
Review Non-Swimming Rescue Skills and become familiar with
swimming rescue skills
Increase overall swimming endurance

Parent and Child

Prerequisites: 6 months to 4 years of age

Learning

Objectives: Become oriented with the aquatic environment by developing
skills useful in swimming
Develop confidence through parental and instructors
reinforcement