

# Swim Lesson Levels and Prerequisites

Please be sure to read through the prerequisites for the classed before signing up. Placing your child in a class that is too advanced for them will hold the rest of the class back and is not fair for the other students in the class. If this should happen, the student is likely to be removed from the class and we cannot guarantee a place in another class.

## Preschool I Swimming Lessons

*If you participated in our Fall/Winter/Spring Intro to Water and did not complete all the skills, you should sign up for this class.*

**Prerequisites - None**

## Preschool II Swimming Lessons

*If you participated in our Fall/Winter/Spring Intro to Water and is comfortable in the water, you should sign up for this class.*

**Prerequisites – Successfully Completed Preschool I**

**Please note that if your child cannot do these skills, they could be removed from the class. There will be a \$20 administrative fee and there may not be a class to move them into.**

- 5 seconds blowing bubbles
- 3 seconds fully submerged
- 10 seconds assisted front float
- 10 seconds assisted back float
- Front float to standing recovery
- Assisted front float to back float rotation
- Assisted front kicking
- Assisted back kicking
- Introduction to bobbing
- Introduction to dog paddle
- Introduction to front crawl
- Introduction to backstroke

## Preschool III Swimming Lessons

*If you participated in our Fall/Winter/Spring Intro to Water and is comfortable in the water, you should sign up for Preschool II.*

**Prerequisites - Successfully Completed Preschool II**

**Please note that if your child cannot do these skills, they could be removed from the class. There will be a \$20 administrative fee and there may not be a class to move them into.**

- 10 seconds blowing bubbles with face in the water
- 10 bobs fully submerged
- 10 seconds independent front float with recovery
- 10 seconds independent back float with recovery
- Independent front float to back float rotation
- 5m dog paddle with bobbing
- 5m front crawl
- 5m assisted relaxed backstroke
- 5m independent front kicking
- 5m independent back kicking
- Jump from the side of the pool without help

# Beginner I Swimming Lessons

*If you participated in our Fall/Winter/Spring Intro to Water and did not complete all the skills, you should sign up for this class.*

**Prerequisites - None**

# Beginner II Swimming Lessons

*If you participated in our Fall/Winter/Spring Intro to Movement and did not complete all the skills, you should sign up for this class.*

**Prerequisites - Successfully Completed Beginner I or Preschool III**

**Please note that if your child cannot do these skills, they could be removed from the class. There will be a \$20 administrative fee and there may not be a class to move them into.**

5 second bobs fully submerged  
10 seconds with face in the water with bubbles  
10 seconds assisted front float  
10 seconds assisted back float  
Front float to standing recovery  
Assisted front kicking  
Assisted back kicking  
Introduction to front crawl  
Introduction to backstroke  
Jump in from the side of the pool with assistance

# Beginner III Swimming Lessons

*If you participated in our Fall/Winter/Spring Intro to Movement and did not complete all the skills, you need to sign up for Beginner II.*

**Prerequisites - Successfully Completed Beginner II**

**Please note that if your child cannot do these skills, they will be removed from the class. There will be a \$20 administrative fee and there may not be a class to move them into.**

10m dog paddle with bobbing  
10 second independent front float with recovery  
10 second independent back float with recovery  
Front missile push-off 3 sec float and kick 10m  
10m front crawl with bobbing  
Introduction to side breathing  
Introduction to deep water bobs  
Introduction to backstroke  
Introduction to elementary backstroke

# Beginner IV Swimming Lessons

*If you participated in our Fall/Winter/Spring Intro to Movement and did not complete all the skills, you need to sign up for Beginner II.*

**Prerequisites - Successfully Completed Beginner III**

**Please note that if your child cannot do these skills, they will be removed from the class. There will be a \$20 administrative fee and there may not be a class to move them into.**

Introduction to front sculling  
Introduction to back sculling  
Front float in deep water  
Back float in deep water  
Front missile push-off, 3 sec float, kick 20m  
Back missile push-off, 3 sec float, kick 10m  
15m front crawl with side breathing  
10m backstroke  
Introduction to treading water  
10 deep water bobs  
Retrieve objects from deep water

# Intermediate I Swimming Lessons

*If you participated in our Fall/Winter/Spring Intermediate Lessons and did not complete all the skills, you need to sign up for Beginner IV.*

## Prerequisites - Successfully Completed Beginner IV

**Please note that if your child cannot do these skills, they will be removed from the class. There will be a \$20 administrative fee and there may not be a class to move them into.**

25m front crawl with side breathing  
15m backstroke  
15m elementary backstroke  
15m front sculling (with breaks)  
15m back sculling (with breaks)  
15 seconds treading  
10 seconds survival float in deep water  
15m under water swim  
Introduction to breaststroke arms and kick with sculling  
Introduction to flip turns

# Intermediate II Swimming Lessons

*If you participated in our Fall/Winter/Spring Intermediate Lessons and did not complete all the skills, you need to sign up for Beginner IV.*

## Prerequisites - Successfully Completed Intermediate I

**Please note that if your child cannot do these skills, they will be removed from the class. There will be a \$20 administrative fee and there may not be a class to move them into.**

50m front crawl with side breathing  
50m backstroke  
15m elementary backstroke  
15m front sculling  
25m back sculling  
10m breaststroke  
Introduction to butterfly  
30 seconds treading  
30 seconds survival float in deep water  
15m under water swim

# Advanced Swimming Lessons

This is the highest-level class offered at Klahanie. *If you participated in our Fall/Winter/Spring Advanced Lessons, you need to sign up for Intermediate I.*

## Prerequisites - Successfully Completed Intermediate II

**Please note that if your child cannot do these skills, they will be removed from the class. There will be a \$20 administrative fee and there may not be a class to move them into.**

100m front crawl with side breathing and flip turns  
100m backstroke with flip turns  
50m elementary backstroke  
25m front sculling  
25m back sculling  
50m breaststroke  
15m butterfly  
2 minutes treading water with minimal hand usage  
2 minutes survival float in deep water  
15m under water swim  
2 life-saving skills