

Shark (10-13)

Course Overview



**Swim lessons and
water safety for 10-13
year olds**

Level 1:

No entry skill requirements

Introduces older children to formal swim lessons. Emphasis on water adjustment, breath control, water safety and learning the rules of swim lessons.

Level 2:

Entry skill requirements: Safe/reliable at holding the wall during lessons, comfortable putting face in water, independent front and back floats, swims on back independently for 25 yards (flutter kick and elementary backstroke).

Develop strong technique foundations, with emphasis on head/hip alignment and effective kick techniques

Level 3:

Entry skill requirements: 50 yards sustained independent technique in all 4 kick techniques- Whip kick, flutter kick, dolphin kick, scissor kick. 90 second tread and 90 second float in deep water.

Teach and reinforce proper technique and timing across all major swim strokes. Emphasis on simultaneous arm/leg actions and building endurance. Introduction to headfirst entry (dives).

Level 4:

Entry skill requirements: 50 yards with good technique- front crawl, backstroke, breaststroke and butterfly. 3 min tread in deep water, surface dives to 10ft and a safe standing dive into deep water.

Refines technique across all swim strokes, emphasis on stamina building and streamlining for efficiency. Introduces legal transitions between lengths.