

Gator Swim School Level Descriptions

<p>To Pass Level 1 – “Water Exploration”</p> <ul style="list-style-type: none"> • Fully submerge face Release cramp • Supported kicking on back • Supported kicking on front • Walk 5 yards in chest-deep water, alternating arms • Supported float on front • Supported float on back • Walk 5 yards in chest-deep water, maintaining balance • Bubble blowing • Put on a life jacket on deck and enter shallow water • Learn water safety rules • Reaching assists without equipment • Enter and exit water independently using ladder, ramp or steps • Bounce up and down in chest-deep water 10 bounces 	<p>To Pass Level 2 – “Primary Skills”</p> <ul style="list-style-type: none"> • Hold breath and fully submerge head for 3 seconds • Assist non-swimmer to feet • Step from the side into chest-deep water and recover to a vertical position • Get out from the side of pool • Supine float or glide, unsupported, and recovery • Level off from a vertical position • Rhythmic breathing with or without support • Orientation to deep water • Prone float or glide, unsupported, and recovery • Flutter kick on front • Flutter kick on back Finning on back. • Back crawl arm action • Combined stroke from front, using kick and alternating arm action • Combined stroke on the back, using kick and choice of arm movement • Turn over, front to back • Float in life jacket with face out of water • Perform reaching and extension assists from deck • Retrieve objects • Become familiar with rescue breathing.
<p>To Pass Level 3 – “Stroke Readiness”</p> <ul style="list-style-type: none"> • Retrieve object, eyes open, no support • Bob, submerging head completely • Bob in water slightly over head to travel to safe area • Bob to standing depth • Dive from side of pool from kneeling and compact positions (no actual diving allowed) • Learn safe diving rules (no actual diving allowed) • Tread water Jump into deep water wearing a life jacket • Reverse direction while swimming on back • Coordinate arm stroke for front crawl with breathing, breathing to the side • Prone glide with push-off • Supine glide with push-off • Reverse direction while swimming on front • Coordinate back crawl • Elementary backstroke • Jump into deep water from side of pool 	

<p>To Pass Level 4 Deep water bobbing</p> <ul style="list-style-type: none"> • Floating Rhythmic breathing/rotary breathing • Front crawl with rotary breathing, 25 yards • Back crawl, 25 yards • Breaststroke on back, 5 yards • Elementary backstroke, 10 yards • Scissor kick for sidestroke, 10 yards • Turning at the wall Stride and standing dives • Tread water, 2 minutes 	<p>To Pass Level 5 Alternate breathing</p> <ul style="list-style-type: none"> • Front crawl, 50 yards • Back crawl, 50 yards • Breaststroke, 10 yards • Sidestroke, 10 yards • Elementary backstroke, 25 yards • Underwater swim, 3 body lengths • Racing dives, long shallow dives • Dolphin kick, 10 yards for butterfly • Open turns on front and back • Flip turns Feet-first surface dives • Tread water, 2
<p>To Pass Level 6</p> <ul style="list-style-type: none"> • Front crawl, 100 yards • Front crawl with flip turns • Back crawl, 100 yards • Breaststroke, 25 yards • Breaststroke open turn • Breaststroke speed turn • Sidestroke turn • Butterfly, 10 yards • Tread water, 3 minutes, 1 minute no hands 	<p>To Pass Level 7</p> <ul style="list-style-type: none"> • Front crawl, 200 yards • Back crawl, 100 yards • Back crawl with flip turn • Breaststroke, 50 yards • Sidestroke, 50 yards • Butterfly, 25 yards • Retrieve brick in deep water • Swim underwater, 15 yards • Tread water, 5 minutes • Review all strokes and turns from previous levels: • Front crawl with flip turn • Breaststroke with open turn • Breaststroke with speed turn • Sidestroke with turn • Backstroke with open turn