

Shadow Brook Swim Club

Swim Lesson Ability Levels

Level 1: Guppy Shark (Becoming Comfortable in the Water)

- Rhythmic bobbing
- Basic technique of front float
- Basic technique of back float

Exit Skills:

- Comfortably put face in water and blow bubbles (5-10 seconds)
- Grab an item off the bottom without goggles

Level 2: Puppy Shark (Floating/Gliding/Kicking)

- Front float for 10 seconds
- Back float for 10 seconds
- Assisted freestyle kicking with a kickboard
- Pushing off the wall into a glide

Exit Skills:

- 10-20 rhythmic bobs (No wiping eyes, stopping for breath, etc.)
- Push off wall and streamline glide for 5-10 seconds (without taking a breath)
- Streamline kick across the shallow end (No standing on the bottom or stopping)

Level 3: Lemon Shark (Freestyle/Backstroke Basics)

- Freestyle arm strokes
- Unassisted freestyle kicking with a kickboard
- Turning around in the water
- Diving from a sitting position

Exit Skills:

- Swim the width of the pool (from steps to lane line) without "assistance"
- Jump in and swim to halfway, back float for 10 seconds and then turn around and swim to the wall

Level 4: Tiger Shark (Freestyle and Backstroke)

- Freestyle technique (side breathing, etc.)
- Backstroke
- Diving from kneeling position

Exit Skills

- 25 yards of freestyle
- 25 yards of backstroke
- Swim to mid-pool, tread water for 30 seconds, and swim backstroke back to the wall

Level 5: Hammerhead Shark (Freestyle/Backstroke/Breaststroke)

- Breaststroke technique
- Treading water
- Deep water surface dives for retrieving objects

Exit Skills

- Swim a width of freestyle, backstroke, and breaststroke
- Tread water for 45 seconds

Level 6: Whale Shark (Freestyle/Backstroke/Breaststroke/Butterfly)

- Butterfly technique + body dolphin
- Underwater swimming

Exit Skills

- Tread water for 1 minute
- Complete a 100 IM

Level 7: Great White Shark (Swim Team Prep)

- Proper technique for turns
- Proper technique for race starts off the blocks
- Tweaking all stroke techniques