



# Neenah High School Pool

## Swimming Lesson Level Descriptions



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| <p><b>Parent/Child (6 months to 3 years)</b><br/>This class is recommended for swimmers who are not over 3 ft tall or who are unwilling to participate in class without a parent present.<br/>Some skills that are covered:</p> <ul style="list-style-type: none"><li>• Learn how to enter and exit the water in a safe manner</li><li>• Feel comfortable in the water</li><li>• Explore submerging to the mouth, nose, eyes and completely</li><li>• Explore buoyancy on the front and back position</li><li>• Change body position in the water</li><li>• Learn how to play safely</li></ul> | <p><b>Minnows (Pre-school children)</b><br/>This class is recommended for children who have not entered first grade. The children will be in the water with an instructor, no parents.<br/>Some skills that are covered:</p> <ul style="list-style-type: none"><li>• Open eyes underwater and retrieve submerged objects</li><li>• Front and back glides</li><li>• Back float</li><li>• Tread with arm and hand actions</li><li>• Combined arm and leg actions on front and back</li></ul>   |
| <p><b>Level 1 (1st grade and up)</b><br/>This class is the beginning of our school aged program. Class will help participants feel comfortable in the water.<br/>Some skills that are covered:</p> <ul style="list-style-type: none"><li>• Open eyes underwater and retrieve submerged objects</li><li>• Front and back glides</li><li>• Back float</li><li>• Tread with arm and hand actions</li><li>• Combined arm and leg actions on front and back</li></ul>   | <p><b>Level 2</b><br/>This class is for those who have completed all Level 1 skills successfully.<br/>Some skills that are covered:</p> <ul style="list-style-type: none"><li>• Front, jellyfish and tuck floats</li><li>• Front and back glides and floats</li><li>• Recover to vertical position</li><li>• Roll from front to back and back to front</li><li>• Change direction of travel while swimming on front or back</li><li>• Tread water using arm and leg actions</li><li>• Combined arm and leg actions on front and back</li><li>• Finning arm action</li></ul>                |
| <p><b>Level 3</b><br/>This class is for those who have completed all Level 2 skills successfully and builds on the skills in Level 2 through additional guided practice in deeper water<br/>Some skills that are covered:</p> <ul style="list-style-type: none"><li>• Headfirst entries from the side in sitting and kneeling positions</li><li>• Rotary breathing</li><li>• Tread water</li><li>• Flutter, scissor, dolphin and breaststroke kicks on front</li><li>• Front crawl and elementary backstroke</li></ul>   | <p><b>Level 4</b><br/>This class is for those who have completed all Level 3 skills successfully.<br/>Some skills that are covered:</p> <ul style="list-style-type: none"><li>• Headfirst entries from the side in compact and stride positions</li><li>• Swim under water</li><li>• Feet first surface dive</li><li>• Survival swimming</li><li>• Front crawl and backstroke open turns</li><li>• Tread water using 2 different kicks</li><li>• Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly</li><li>• Flutter and dolphin kicks on back</li></ul> |

### Level 5

This class is for those who have completed all Level 4 skills successfully and provides further coordination and refinement of strokes.

Some skills that are covered:

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling

### Level 6

This class is for those who have completed all Level 5 skills successfully. Practice refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.



Once they have completed level 6, swimmers can continue to repeat the level for fun, exercise, and more practice. You may also consider joining a local swim team and/or participating in a lifeguard training course!

### Lifeguard Training

This class is to teach skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

#### Prerequisite Skills (Performed on the first day of class)

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute, 40 seconds.
  - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
  - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
  - Exit the water without using a ladder or steps.



If you would like your swimmer(s) to be evaluated before registering for swim lessons please email me at [hailey.mattingly@neenah.k12.wi.us](mailto:hailey.mattingly@neenah.k12.wi.us). Then we can work out a time for your family to come and meet a pool supervisor who will assess what level your swimmer(s) belong in!