

# Chapel Gate Swimming Lesson Syllabus

## Level 1 - Introduction to Water Skills

Designed to orient participants to the aquatic environment and to help them gain basic aquatic skills.

Learning Objectives: ● Enter and Exit water using ladder, steps or side of pool ● Blow bubbles through mouth and nose ● Bobbing in water ● Open eyes under water and retrieve submerged objects ● Front and back glides and floats ● Recover to vertical position ● Roll from front to back and back to front ● Tread water using arm and hand actions ● Alternating and simultaneous leg actions on front and back ● Alternating and simultaneous arm actions on front and back ● Introduction of age-appropriate water safety topics.

## Level 2 - Fundamental Aquatic Skills

Builds on basic aquatic skills and water safety skills and concepts learned in Level 1. This level marks the beginning of independent aquatic locomotion skills.

Learning Objectives: ● Enter and exit water by stepping or jumping from the side ● Fully submerge and hold breath ● Bobbing ● Rotary breathing ● Open eyes under water and retrieve submerged objects ● Front, jellyfish and tuck floats ● Front and back glides and floats ● Recover to vertical position ● Roll from front to back and back to front ● Change direction of travel while swimming on front or back ● Tread water using arm and leg actions ● Combined arm and leg actions on front and back ● Finning arm action ● Inclusion of age-appropriate water safety topics

## Level 3 - Stroke Development

Builds on the skills completed in Level 2 through additional guided practice in deeper water. Level Prerequisites: Learn-to-Swim level 2 (They should be able to swim rudimentary stroke of combined arm and leg actions on both front and back for the width of the pool.)

Learning Objectives: ● Enter water by jumping from the side, fully submerging and recovery ● Headfirst entries from the side in sitting and kneeling positions ● Bobbing while moving toward safety ● Rotary breathing ● Survival float ● Back float ● Change from vertical to horizontal position on front and back ● Tread water ● Flutter and dolphin kicks on front ● Scissors and breaststroke kicks ● Front crawl and elementary backstroke ● Inclusion of age-appropriate water safety topics

## Level 4 - Stroke Improvement

Seeks to improve participant's proficiency in performing the strokes that were introduced in Level 3. Participants perform these strokes with increased proficiency and are able to swim them for greater distances Level Prerequisites: Learn-to-Swim Level 3 skills

Learning Objectives: ● Headfirst entry in water greater than 4 ft in depth. in compact and stride positions ● Swim under water ● Feet first surface dive ● Survival swimming ● Front crawl and backstroke open turns ● Tread water using 2 different kicks ● Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly ● Flutter and dolphin kicks on back ● Plus age-appropriate water safety topics

## Gator Tots – Adult Participation with Infant/ Toddler

Learning Objectives: ● Gentle introduction to the water ● Basic water safety skills ● Bonding experience for adult and child ● Teaching parents how to help kids become comfortable in the water ● Basic water safety skills