



Swim Lesson Placement Skills

Preschool Lesson Guide

<u>Level</u>	Adult/Child	1	2	3	4	5
<u>Class</u>	<i>Cuttlefish</i>	<i>Clown</i>	<i>Jelly</i>	<i>Balloon</i>	<i>Flying</i>	<i>Swim Team</i>
<u>Ages</u>	6m-3y	3y-5y	3y-5y	3y-5y	3y-5y	5y-15y
Safe Enter & Exit	X	X	X	X	X	X
Getting Face Wet	X	X	X	X	X	X
Assisted Floats	X	X	X	X	X	X
Class Completion By Self		X	X	X	X	X
Submerge Face		X	X	X	X	X
Assisted Water Bob		X	X	X	X	X
Front/Back Glide		X	X	X	X	X
Bobs		X	X	X	X	X
Unsupported Float			X	X	X	X
Unsupported Flutter			X	X	X	X
Front to Back Roll			X	X	X	X
Demonstrate Freestyle			X	X	X	X
Freestyle 15y				X	X	X
Backstroke 15y				X	X	X
Breaststroke 15y				X	X	X
Treading Water (30sec)				X	X	X
25y Free w/ Open Turn					X	X
25y Backstroke					X	X
Treading Water (60sec)					X	X
50y Free/Back/Breast						X
100y Free/Back						X
50y Fly						X
Treading Water 2min						X

Please contact LGS Recreation with any questions on swim lesson placement: (408) 354-8700

