



# Swim Lesson Placement Skills

## Elementary Lesson Guide

<u>Level</u>	1	2	3	4	5	6
<u>Class</u>	<i>Sea Turtle</i>	<i>Sting Ray</i>	<i>Seal</i>	<i>Dolphin</i>	<i>Orca</i>	<i>Great White</i>
<u>Ages</u>	6-12y	6-12y	6-12y	6-12y	6-12y	6y-12y
Safe Entries into Water	x	x	x	x	x	x
Submerge Head in Water	x	x	x	x	x	x
Assisted Floats	x	x	x	x	x	x
Unassisted Floats	x	x	x	x	x	x
Freestyle 5yds	x	x	x	x	x	x
Backstroke 5yds	x	x	x	x	x	x
Backstroke 10yds		x	x	x	x	x
Freestyle 10yds		x	x	x	x	x
Intro to treading		x	x	x	x	x
Freestyle 15yds			x	x	x	x
Backstroke 15yds			x	x	x	x
Breathstroke 15yds			x	x	x	x
Deep Water Comfortable			x	x	x	x
Treading			x	x	x	x
Backstroke 25 yds				x	x	x
Freestyle with side breathing and Flutter Kick (25 yds)				x	x	x
Swim underwater (3 body lengths)				x	x	x
Freestyle 50yds					x	x
Backstroke 50y					x	x
Breathstroke 50y					x	x
Flip turns					x	x
Swim continuously 300 yards with a combination of any strokes						x
100y Free, Back, and Breath						x
Butterfly 25y						x
Tread Water 3mins						x
Retrieve Brick in 7ft						x

Please contact LGS Recreation with any questions about Swim Lessons or Swim Team  
Contact [info@lgsrecreation.org](mailto:info@lgsrecreation.org) or call (408) 354-8700