

Skills swimmers will be working on at each level.

Level 1 (swim diapers are required for ages 3 and under)

Water entry and exit

Submerge face/Blowing Bubbles

Retrieving objects underwater

Open eyes under water

Front/Back float

Front/Back arm movements

Front/Back kicks

Front/Back combined movement

Level 2

Water entry and exit

Submerge entire head

Retrieve objects

Front/Back float

Front/Back glide

Change direction while swimming

Level 3

Water entry and exit

Sit/Kneel dive*

Submerge and retrieve objects

Rotary breathing

Glides with kicks

Front/Back glides

Tread water

Front/Back crawl

*Depending on shared pool space with the BRSC Sharks Swim Team.