

Nantucket Swimming – Learn to Swim Lessons

<p style="text-align: center;"><u>Level 1: Introduction to Water Skills</u></p> <p><u>Primary Skills</u></p> <ul style="list-style-type: none"> • Overall Comfort Level in water • Enter & Exit from Side • Submerge Entire Head • Blowing Bubbles – Mouth & Nose • Front Float – face in water – 5 sec (w/support) • Back Float – ears in water – 5 sec (w/support) • Recovery from floating position (front & back) • Swim on Front: horizontal position, face in, arm movement, straight leg kick (w/support) • Swim on Back: horizontal position, ears in, arm movement, straight leg kick (w/support) • Water safety rules; How to use & wear a life jacket; How to get help; How to recognize a swimmer who needs help <p><u>Optional Skills</u></p> <ul style="list-style-type: none"> • Enter water by jumping from side • Treading water • Swims on Front & Back with arms coming out of water 	<p style="text-align: center;"><u>Level 2: Fundamental Aquatics Skills</u></p> <p><u>Primary Skills</u></p> <ul style="list-style-type: none"> • Enter water by jumping from side • Submerge Entire Head – 5sec w/blowing bubbles • Bob 5 times w/blowing bubbles • Open eyes underwater; pick up submerged object in shallow water 3 times • Front & Back Float – face or ears in – 5 sec • Roll over from back to front to back – 5 sec each • Tread water, using arm and leg motion – 10 sec • Streamline Flutter kick on front & back from a push • Swim on Front – 5 yards w/ taking a breath, arms out of water, straight leg kick • Swim on Back – 5 yards w/ chin up, straight arms, steady flutter kick • Sculling arm movement on back – 5 yards • Swim on side – 5 yards (w/support) • Jumping & Diving Rules; How to get help; How to recognize a swimmer who needs help <p><u>Optional Skills</u></p> <ul style="list-style-type: none"> • Dolphin Kick – Front & Back • Underwater swim – Intro Breaststroke Arms • Head First entries into deep water
<p style="text-align: center;"><u>Level 3: Stroke Development</u></p> <p><u>Primary Skills</u></p> <ul style="list-style-type: none"> • Jump into deep water from elevated height • Head-first entry from the side form a sitting or kneeling position • Underwater swim – 5 yards • Bob 10 times w/ exhales underwater • Perform Rotary Breathing with the body in a horizontal position – 15 yards • Front Float/Survival Float – 30 sec. • Back Float – 30 sec. • Tread water – 1 min. exploring breaststroke kick, scissor kick & rotary kick • Streamline Flutter Kick – Front & Back with breakout • Front Crawl/Freestyle w/ rotary breathing – 15 yards • Back Crawl/Backstroke – 15 yards • Butterfly kick w/ body motion – 5 yards • Breaststroke kick/Frog kick – 5 yards • General water safety rules; look before you leap; perform reaching assist <p><u>Optional Skills</u></p> <ul style="list-style-type: none"> • Standing Dive • Introduction to Butterfly Arm • Elementary Backstroke 	<p style="text-align: center;"><u>Level 4: Stroke Refinement</u></p> <p><u>Primary Skills</u></p> <ul style="list-style-type: none"> • Streamline Dive from side w/breakout • Underwater swim – 15 yards • Perform feet-first & head-first surface dive • Survival Float – 1 min. deep water • Back Float – 1 min. deep water • Tread Water – 2 min. with a breaststroke kick, scissor kick and/or rotary kick • Freestyle w/ rotary breathing – 25 yards • Backstroke – 25 yards • Butterfly – 25 yards • Breaststroke – 15 yards • Elementary Backstroke – 15 yards • Sidestroke – 15 yards • Open Turns on Front & Back • Additional rules for safe diving; Circle swimming <p><u>Optional Skills</u></p> <ul style="list-style-type: none"> • Forward Summersaults in water • Flip Turns • Relay Starts