

CBSC Learn-to-Swim Lesson Levels and Objectives

When considering the level for enrollment, please review the goals of the level below. Participants should meet the goals of the previous level before registering in the next level up.

Tiny Tots (age 3)

1. Comfortable in the water, with other kids, and with instructor
2. Blowing bubbles face down
3. Jump into little pool assisted
4. Assisted Front Float (face in)
5. Assisted back float
6. Assisted Front Kicking
7. Rhythmic breathing (3 bobs)

Floaters 1 (ages 3-6)

1. Comfortable submersion in little pool; exhale underwater
2. Open eyes under water
3. Unassisted Front Float
4. Unassisted Back Float
5. Unassisted Roll-over Float
6. Assisted Front Glide with breath to the side
7. Rhythmic breathing (5 bobs)
8. Assisted Back Glide
9. Assisted Roll-over Glide

Floaters 2 (age 4-6)

1. Rhythmic breathing (10 bobs)
2. Comfortable submersion in big pool
3. Unassisted Back Glide
4. Unassisted Front Glide
5. Side Glide with Floatation device
6. Unassisted Roll-over glide

Beginner Gliders (age 4-7)

1. Unassisted side glide
2. Front-side-front glide, comfortable breathing only to side
3. Begin building 1-2-3 progressions (front and back)
4. Introduction to Freestyle
5. Introduction to Backstroke
6. Introduction to front dive
7. Introduction to backstroke start (using blocks)

Advanced Gliders (age 5-7)

1. Continue building 1-2-3 progressions
2. 25m freestyle with start
3. 25m backstroke with start
4. Front dive
5. Backstroke start
6. Forward somersault

Strokers 1 (age 6-16)

1. Front Dive
2. Introduction to Freestyle turn
3. Backstroke start & finish (counts strokes in from flags)
4. 25m Backstroke with start and flag count
5. 50m Freestyle with start and turn
6. Introduction to Breaststroke kick
7. 25m Breaststroke Kick
8. Introduction to Butterfly kick
9. 25m Butterfly kick

Strokers 2 (age 6-16)

1. Butterfly Start
2. 25 m Breaststroke
3. 25 m Butterfly
4. Backstroke turn
5. 50 m Backstroke with start, turn and finish
6. 50m Freestyle with start and turn
7. Relay Start
8. Free Relay (using relay start)

Strokers 3 (age 6-16)

1. Breaststroke start
2. Medley Relay
3. 50 m Butterfly with start and turn
4. 50 m Breaststroke with start and turn
5. 100 m Backstroke with start, turn and finish
6. 100 m Freestyle with start and turn
7. 100 m Individual Medley with start, turn and finish

Stroke Correction (age 8-16)

1. Perfecting already learned strokes
2. Perfecting already learned starts and turns

*Note: The above objectives are not the prerequisites for entering the level, but the goals for the end of the lesson set. Please speak with a coach if you have any questions.