



Swim Level Enrollment Information

City of San Luis Obispo – SLO Swim Center

Beginner 1 – Introduction to Water Comfort (ages 3-5)

Class Objective: For new beginning swimmers. Introduction to water safety skills, water orientation, and basic swim skills. This level is for students that are uncomfortable in the water and possibly fearful of water.

Level Requirements: No prior instructional experience necessary.

Takes Place in the Therapy Pool.

Beginner 2 – Working Towards Independence (ages 3-5)

Class Objective: Building confidence with independence in water. Focuses on safety skills, water orientation and basic swim skills. This level is for students that are comfortable and happy to be with the instructor.

Level Requirements: Have a Beginner 1 certificate OR can do the following; Enter and exit water using steps independently. Swimmer can place their face in the water and blow bubbles. With support from the instructor and on the instructor's command, swimmer will roll from a back float to a front float and return to a back float. Be able to have coordinated arm movement. With support from the instructor, swimmer will retrieve an object from under water.

Takes Place in the Therapy Pool.

Beginner 3 – Water Safety Skills (ages 3-5)

Class Objective: Working on independent floating and safety skills. Introduction to freestyle technique. Students are eager to swim, confident in the water, submerging their head in water and swimming out on their own.

Level Requirements: Have a Beginner 2 certificate OR can do the following: Enter water on their own using the ladder. Using hands to move along the wall. Blow bubbles for 3 seconds. With less support for the instructor, swimmer will roll from front float to back float on instructor's command and hold for 15 seconds. Swimmer will hold a front glide for 2 body lengths. Retrieve an object from under the water on their own. Have the ability to exit the water at the side of the pool.

Takes Place in the Therapy Pool.



Level 1 – Introduction to Independence and Water Safety Skills (ages 6 & up)

Class Objective: Introduction toward water independence and safety skills. Working on floating independently. Progression of safety skills from beginning to mastering. Introduction to freestyle technique. This level is for older students who are progressing from being uncomfortable or fearful of the water to students who are eager to swim and confident in water.

Level Requirement: No prior instructional experience necessary.

Takes Place in the Main Pool.

Level 2 – Freestyle Stroke (ages 5+)

Class Objective: Swimmer has mastered water safety skills, and will continue to practice in class. Can demonstrate independent swimming freestyle technique and float independently without assistance. Swimmers begin working on freestyle with side breaths and proper arm stroke.

Level Requirement: 5+ years of age with a Beginner 3 or Level 1 certificate OR can do the following: Enter independently by jumping in from the side of the pool into chest deep water. Turn around in the water, face the wall and travel back to the wall. Can roll from front float to back float on the instructor's command and hold for 15 seconds. Able to use kicking equipment properly. Can hold a front glide in a streamline for 2 body lengths and roll over onto their back. Swim using combined arms and leg freestyle actions.

Takes Place in the Main Pool.

Level 3 – Butterfly Stroke (ages 5+)

Class Objective: Comfortable and confident in the water. Able to swim freestyle independently with head in the water with side breaths. Will start learning butterfly, still reviewing safety skills and freestyle stroke for proficiency.

Level Requirement: 5+ years of age with a Level 2 certificate OR can do the following: Jump from side into chest deep water, push off the bottom. Can use kicking equipment properly. Able to proficiently demonstrate coordinated hand and leg movement, timing, and technique in freestyle. Swim freestyle independently with head in water with side breathing.

Takes Place in the Main Pool.



Level 4 – Backstroke (ages 5+)

Class Objective: Swims freestyle with side breath proficiently. Able to swim butterfly stroke independently with proper breathing. Will start learning backstroke and continue to work on freestyle and butterfly for proficiency.

Level Requirement: 5+ years of age with a Level 3 certificate OR can do the following: Jump into deep water from the side, recover to the surface. Able to show coordination in the butterfly body movement. Able to demonstrate coordinated hand and leg movement, timing, and technique in butterfly. Swim butterfly independently with proper body control and breathing. Able to swim freestyle proficiently.

Takes Place in the Main Pool.

Level 5 – Breast Stroke and Elementary Back Stroke (ages 5+)

Class Objective: Can swim freestyle with side breath and butterfly proficiently. Comfortable and confident with backstroke. Will start learning breast stroke and elementary back stroke and will work on freestyle, butterfly, and backstroke proficiency.

Level Requirement: 5+ years of age with a Level 4 certificate OR can do the following: Perform a feet first entry into deep water, recover to the surface. Able to show coordination in the backstroke body rotation and movement. Able to demonstrate coordinated hand and leg movement, timing, and technique in backstroke. Swim backstroke independently with proper body control and rotation. Able to swim butterfly and freestyle proficiently.

Takes Place in the Main Pool.