



Swimming Lesson Levels



West Jordan Outdoor Pool

8125 South 2200 West, West Jordan, Utah 84088

385-468-1941

FOR AGES 4 YEARS AND OLDER

Level 1 - Child learns basics of being comfortable in the water with and without assistance.

Learning Focus - Developing comfort in the water. Submersion, air recovery, floating, body glides, rolling from front to back and back to front.

Level 2 - Child may be able to submerge and float without support at this level.

Learning Focus - Forward body movement and direction change using kicking, pulling and body rotation, with and without support.

Level 3 - Child can swim under the water or on the surface without support. Child can glide on side and back to rest and breathe without support, including air recovery while swimming without support.

Learning Focus - Treading water, rotary movement in glide positions, rotary movement and breathing with arm pulls on front and back, survival float, treading water, integrated movement, rotary movement in glide positions, rotary movement and breathing with arm pulls on front and back, head-first entry (diving) from side.

Level 4 - Child has passed Level 3 and can swim unassisted for 30 feet.

Learning Focus - Stroke refinement for Freestyle and Backstroke with correct rotary movement and breathing.

Level 5 - Child has passed Level 4 and can swim freestyle and backstroke correctly for 30 feet each.

Learning Focus - Stroke refinement for Butterfly and Breaststroke with correct arm/leg coordination.

