

Monona Grove Pool Swimming Lesson Goals

*These are the skills students
will learn in each level.*

*They must complete these skills
in order to move to the next level.*

Parent Tot

Skills to work on:

- Water on face
- Blowing bubbles, bobbing
- Water entry / exit
- Underwater Exploration
- Kicking on front assisted
- Kicking on back assisted
- Back float assisted
- Arm movement on front/back assisted

Advanced Tot

Water Orientation Skills:

- Blowing bubbles, bobbing 5x
- Water entry / exit
- Underwater Exploration

Swimming Skills:

- Kick on front unassisted
- Kick on back unassisted
- Front / back glide 3 yards unassisted
- Survival float 15 seconds unassisted
- Arm Movement on front/back 3 seconds assisted
- Jump in unassisted

Level Two

Survival Skills:

- Tread water 30 seconds
- Jump into deep water, return unassisted
- Survival float 1 minute
- Retrieve object from bottom of pool/dock

Swimming Skills:

- Flutter kick on front/back 15 yards
- Rhythmic breathing 15 yards
- Freestyle 10 yards
- Backstroke 10 yards
- Elementary backstroke with breaststroke kick 10 yards

Level Four

Survival Skills:

- Tread water 3 minutes
- Survival float 4+ minutes
- Surface dives (feet/head first)

Swimming Skills:

- Freestyle 50 yards
- Backstroke 50 yards
- Breaststroke 25 yards
- Dolphin kick 10 yards
- Open turns
- Dive from block

Level One

Water Orientation Skills:

- Blowing bubbles
- Bobbing 5x
- Hold breath underwater for 5-10 seconds
- Retrieve object from bottom of pool/dock
- Rhythmic breathing to one side

Swimming Skills:

- Kick with board 10 yards unassisted
- Front glide 5 yards unassisted
- Back glide 5 yards unassisted
- Survival float 30 seconds unassisted
- Arm movement on front/back 5 seconds assisted

Level Three

Survival Skills:

- Underwater swim 10 feet
- Tread water 1 minute
- Survival float 2 minutes

Swimming Skills:

- Freestyle 25 yards
- Backstroke 25 yards
- Elementary backstroke 25 yards
- Breaststroke kick 15 yards
- Dive from side of pool

Level Five

Survival Skills:

- Tread water 5 minutes

Swimming Skills:

- Freestyle 150 yards
- Backstroke 150 yards
- Breaststroke 100 yards
- Butterfly 25 yards
- Freestyle/Backstroke flip turn
- Racing Start