



# Swim Lesson Level Descriptions

Contact Billie for more information  
[swim@albanytennisclub.org](mailto:swim@albanytennisclub.org)

These are the basic skills gained in each Swim Lesson level.  
 All skills should be learned before students advance to the next level, unless approval is provided by a Water Safety Instructor.

Pre-Level 1	Level 1	Level 2
<ul style="list-style-type: none"> <li>• Blow bubbles</li> <li>• 3 bobs</li> <li>• Splashing water with hands</li> <li>• Kicking feet</li> <li>• Front float &amp; back float with assistance</li> <li>• Superman glides on front</li> <li>• Turning over (back to front/front to back)</li> <li>• Jumping in from side of pool</li> </ul>	<ul style="list-style-type: none"> <li>• Enter/exit water safely</li> <li>• Blow bubbles, face in water</li> <li>• 5 bobs</li> <li>• Float on front</li> <li>• Front glides (Superman)</li> <li>• Flutter kick on front</li> <li>• Beginning front crawl</li> <li>• Beginning tread water</li> <li>• Float on back</li> <li>• Back glide</li> <li>• Flutter kick on back</li> <li>• Turning over (back to front/front to back)</li> <li>• Jump in from side</li> <li>• Beginning back crawl</li> <li>• Safety skills</li> </ul>	<ul style="list-style-type: none"> <li>• Enter/exit water safely</li> <li>• Open eyes underwater</li> <li>• Pick up submerged object (3 times)</li> <li>• 10 bobs</li> <li>• Front crawl with side breathing (width of pool)</li> <li>• Beginning elementary backstroke</li> <li>• Jump from the side in deep water</li> <li>• Jump from diving board and swim to side</li> <li>• Tread water 30 seconds</li> <li>• Safety skills</li> </ul>

Level 3	Level 4
<ul style="list-style-type: none"> <li>• 10 deep water bobs</li> <li>• Refined front crawl with side breathing</li> <li>• Refined backstroke</li> <li>• Refined elementary backstroke</li> <li>• Beginning backstroke</li> <li>• Swim 20 yards on front and back</li> <li>• Submerge and retrieve object in deep water</li> <li>• Tread water 2 minutes</li> <li>• Beginning diving off side of pool</li> <li>• Safety skills</li> </ul>	<ul style="list-style-type: none"> <li>• 15 deep water bobs</li> <li>• Refined front crawl</li> <li>• Refined backstroke</li> <li>• Refined elementary backstroke</li> <li>• Refined breaststroke</li> <li>• Beginning butterfly</li> <li>• Swimming 40 yards on front and back</li> <li>• Turns (front and back)</li> <li>• Swim under water, 3 body lengths</li> <li>• Tread water 5 minutes</li> <li>• Beginning diving off diving board</li> <li>• Safety skills</li> </ul>