

Pine Lake Swim Lesson Levels

If unsure of your child's level or have not received an assessment please read the following class level descriptions. Select a Level where they can do some of these skills but not all. Typically Levels 1 and 2 will be in the small lesson pool, while Levels 3 and up will be in the larger lap pool.

Parent Tot

These Parent Tot classes will focus on an introduction and exposure to water. Here we will work on water adjustment and the pure enjoyment of being in a warm water pool. We will require parent involvement in the water as we introduce swim motions and simple movements to prepare for more independent learning in L1 Group lessons.

Youth Beginner (8 – 12yrs)

This is a class designed for those young swimmers roughly 8 to 12 years old and held in the small lesson pool. The focus will be an introduction to swimming and learning basic skills.

Level 1

This level is about being comfortable in the water, safety and preparing to learn swimming skills.

Jump in and return to wall with assistance. Hold breathe at least 10 sec and blow bubbles. Assisted front float, assisted back float, kicking front and back. Front glide for 3 ft and front glide with kick for 6 ft.

Level 2

This level will introduce the strokes and kick as well as side breathing and jump in from the side.

Freestyle with side breath, prepare for backstroke, introduce breaststroke kick and prepare to transition to the big pool. Head bobs, supported side glide and get comfortable going to the bottom of the pool and can surface independently.

Level 3

This level will focus on freestyle and back strokes and introduce elementary backstroke and breaststroke kick.

Students will learn freestyle backstroke and elementary backstroke during this Level. They should be able to swim each discipline for at least 12.5 yards. They will start to tread water, can circle swim and safely jump in and get to the side.

Level 4

This level will introduce streamline starts and increasing distance to at least 50 yards of each stroke.

Students will perform streamline off the wall starts. Can swim at least 50 yards freestyle, backstroke and elementary backstroke. Eggbeater, dolphin and scissors kicks are introduced. Will be introduced to sculling for treading water and tuck and pike for surface dives.

Level 5

Here we introduce flip turns, butterfly and increase endurance to at least 100 yards. Swimmer will learn to swim breaststroke with correct timing and technique, as well as the full butterfly stroke. Performs open turns and has begun to learn flip turns. They will tread water using sculling arms and eggbeater, breaststroke or scissors kick for 2 minutes. Swim a minimum of 25 yards sidestroke.

Level 6

This is our Pre-Competition level. Completion of this will prepare swimmer for Swim Team try outs. Swimmer will be able to swim a minimum of 25 yards butterfly. Able to perform flip turns for freestyle and backstroke. Swims breaststroke with correct arms and legs for competitive swimming. Knows how to use the time clock for sets and is able to swim 4 x 50 sets of Free, back and breast strokes.

Adult Beginner

Adult Beginner is a class for those who are a new to swimming and need an introduction to water. This class will focus on overcoming any fear of the water, how to float, and introduce kicking.

Adult Intermediate

This class will introduce the basics of each stroke with a goal to swim one full length of the pool. Should be able to float independently before enrolling in this level.



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