

Westgate Cabana Club Swim Lesson Levels and Skills

The skills that we teach at Westgate Cabana are listed below. Students can be reassessed on the first day of lessons.

<p>Level 1</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fully submerge head and face for 3 seconds <input type="checkbox"/> Bubble blowing 5 times in a row <input type="checkbox"/> Supported floating on front <input type="checkbox"/> Supported floating on back <input type="checkbox"/> Supported front kicking <input type="checkbox"/> Supported back kicking <input type="checkbox"/> Submerged paddling to instructor, 5 strokes <input type="checkbox"/> Bounce up & down with head under, 10 times <input type="checkbox"/> Jump from side of pool with help <input type="checkbox"/> Climb out of water unassisted <input type="checkbox"/> Enter near deep end and move to shallow end <input type="checkbox"/> Retrieve objects 	<p>Level 5</p> <ul style="list-style-type: none"> <input type="checkbox"/> Master rotary breathing <input type="checkbox"/> Freestyle for 50 yards <input type="checkbox"/> Backstroke for 50 yards <input type="checkbox"/> Breaststroke for 25 yards <input type="checkbox"/> Butterfly for 25 yards <input type="checkbox"/> Swim underwater for width of pool <input type="checkbox"/> Freestyle flip turn <input type="checkbox"/> Tread water for 3 minutes <input type="checkbox"/> Sculling for ½ width of pool
<p>Level 2</p> <ul style="list-style-type: none"> <input type="checkbox"/> 10 bobs in deep water <input type="checkbox"/> Jump into shallow water, unassisted <input type="checkbox"/> Jump into deep water, assisted <input type="checkbox"/> Unsupported floating on front <input type="checkbox"/> Unsupported floating on back <input type="checkbox"/> Swim ½ width of pool to instructor <input type="checkbox"/> Front glide with kick <input type="checkbox"/> Back glide with kick <input type="checkbox"/> Submerge and retrieve objects from water <input type="checkbox"/> Explore deep water with support <input type="checkbox"/> Hold breath under water for 5 seconds 	<p>Stroke Analysis</p> <p>Freestyle</p> <ul style="list-style-type: none"> <input type="checkbox"/> Streamline <input type="checkbox"/> Head <input type="checkbox"/> Arms <input type="checkbox"/> Legs <input type="checkbox"/> Body roll <input type="checkbox"/> Breathing <input type="checkbox"/> Flip turn <input type="checkbox"/> Pacing <p>Breaststroke</p> <ul style="list-style-type: none"> <input type="checkbox"/> Streamline <input type="checkbox"/> Pull down <input type="checkbox"/> Head <input type="checkbox"/> Arms <input type="checkbox"/> Legs <input type="checkbox"/> Breathing <input type="checkbox"/> Turn <input type="checkbox"/> Pacing <p>Backstroke</p> <ul style="list-style-type: none"> <input type="checkbox"/> Streamline <input type="checkbox"/> Head <input type="checkbox"/> Arms <input type="checkbox"/> Legs <input type="checkbox"/> Body roll <input type="checkbox"/> Breathing <input type="checkbox"/> Flip turn <input type="checkbox"/> Pacing <p>Butterfly</p> <ul style="list-style-type: none"> <input type="checkbox"/> Streamline <input type="checkbox"/> Head <input type="checkbox"/> Arms <input type="checkbox"/> Legs <input type="checkbox"/> Breathing <input type="checkbox"/> Turn <input type="checkbox"/> Pacing
<p>Level 3</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bob in deep water to travel to safety 15 times <input type="checkbox"/> Jump into deep water unassisted <input type="checkbox"/> Dive from side of pool kneeling and compact <input type="checkbox"/> Front glide with push off, 2 body lengths <input type="checkbox"/> Back glide with push off, 2 body lengths <input type="checkbox"/> Swim width of pool, freestyle <input type="checkbox"/> Swim width of pool, backstroke <input type="checkbox"/> Introduction to breaststroke <input type="checkbox"/> Reverse direction while swimming, front and back <input type="checkbox"/> Tread water for 45 seconds 	
<p>Level 4</p> <ul style="list-style-type: none"> <input type="checkbox"/> Develop rotary breathing <input type="checkbox"/> Standing front dive <input type="checkbox"/> Stride jump <input type="checkbox"/> Freestyle for 25 yards <input type="checkbox"/> Backstroke for 25 yards <input type="checkbox"/> Introduction to butterfly arms <input type="checkbox"/> Butterfly kick for width of pool <input type="checkbox"/> Breaststroke kick for width of pool <input type="checkbox"/> Open turn front and back <input type="checkbox"/> Tread water, 90 seconds <input type="checkbox"/> Swim underwater for width of pool 	