

# Murrayhill Recreation Association Swim Lesson Level Descriptions

<p><b>Level 1: Introduction to Water Skills</b>  <u>Prerequisites:</u> No skill prerequisites.</p> <p><u>Purpose:</u> Orient participants to the aquatic environment and help them gain basic aquatic skills. Help participants begin to develop positive attitudes and safe practices around water.</p> <p><u>Successful completion includes:</u> submersion with bubbles, floating, and gliding for at least two body lengths. All skills are to be completed independently and without goggle use.</p>	<p><b>Level 2: Fundamental Aquatic Skills</b>  <u>Prerequisites:</u> Successful demonstration of level 1 skills assessment.</p> <p><u>Purpose:</u> Build on the basic aquatic skills and water safety skills and concepts learned in level 1.</p> <p><u>Successful completion includes:</u> coordinated arm strokes and kicks for at least 5 body lengths.</p>
<p><b>Level 3: Stroke Development</b>  <u>Prerequisites:</u> Successful demonstration of the level 2 skills assessment.</p> <p><u>Purpose:</u> Build on the skills learned in levels 1 &amp; 2 to help participants achieve basic water competency in a pool environment.</p> <p><u>Successful completion includes:</u> 15 yards of continuous side-breathing and an introduction to new back skills.</p>	<p><b>Level 4: Stroke Improvement</b>  <u>Prerequisites:</u> successful demonstration of the level 3 skills assessment.</p> <p><u>Purpose:</u> Improve participants' proficiency in performing the swimming strokes introduced in level 3.</p> <p><u>Successful completion includes:</u> 25 yards of side-breathing (or freestyle), 25 yards of backstroke, 15 yards of elementary backstroke, and introduction to breaststroke.</p>
<p><b>Level 5: Stroke Refinement</b>  <u>Prerequisites:</u> successful demonstration of the level 4 skills assessment.</p> <p><u>Purpose:</u> Help participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke).</p> <p><u>Successful completion includes:</u> 50 yards of freestyle, 50 yards of backstroke, 25 yards of elementary backstroke, 25 yards of breaststroke, and an introduction to butterfly.</p>	<p><b>Level 6: Stroke Endurance</b>  <u>Prerequisites:</u> Successful demonstration of the level 5 skills assessment.</p> <p><u>Purpose:</u> Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances. Teach participants how to prevent aquatic emergencies in various aquatic environments and introduce and practice self-rescue techniques.</p> <p><u>Successful completion includes:</u> 100 yards of freestyle, 100 yards of backstroke, 50 yards of elementary backstroke, 50 yards of breaststroke, and 25 yards of butterfly.</p>
<p><b>Baby/Toddler and Me</b>  <u>A parent/guardian is required to participate in-water.</u> Swim diapers are also required.</p> <p>Participants who are 6 months to 3 years old will work on building their comfort level in the water - an introduction to a few basic skills along with other fun activities.</p>	<p><b>Instructional Adult Lap Swim</b>  <u>Prerequisites:</u> No formal swimming experience is necessary, but basic swimming skills are required. Please note that this program is not designed to teach participants how to swim.</p> <p><u>Details:</u> An instructor will be at each session to guide participants through focused training programs.</p>

*Please note that safety is our utmost priority, and swim lesson level determinations will ultimately be at the discretion of the instructor. This is to ensure that we are able to maintain a safe and productive swim lesson environment for all participants.*