

Niagara Aquatics Club

Swimming Lessons Level 1

Level one focuses on getting the swimmer comfortable in the water. The swimmer will start the program using a floatation device for their comfort.

The following skills will be taught:

- ♦ How to enter and exit the water correctly and safely
- ♦ How to be an independent swimmer with a floatation device
 - ♦ Putting face into the water and blow bubbles
 - ♦ Float on both back and front
 - ♦ Front glide and back glide
 - ♦ Roll from front to back
 - ♦ How to jump into the water with assistance
- ♦ How to submerge and retrieve an object in chest deep water
 - ♦ How to properly use and kick with a kickboard

We will gradually lessen the amount of floatation until the swimmer is not dependent on a floatation device.

