

# DESCRIPTION OF LEVELS

## BEACHMONT CHRISTIAN MINISTRIES SWIMMING LESSONS PROGRAM

Level	1 Parent & Child Class	2	3	4
<b>Objective</b>	Designed to give young children a head start on swimming. Great for children to get comfortable in the water and begin to work on basic skills with a parent while interacting with instructor through games and songs.	Objective is to introduce students to basic skills that build confidence through water exploration and group activities. Upon completion of this level, students will be comfortable performing the required skills with the instructor.	Objective is to develop confident swimmers through basic skills. Upon completion of this level your child will be comfortable performing required skills without the instructor's assistance.	Objective is to introduce students to basic skills that build confidences and eliminate fear. Upon completion of this level your child will be comfortable performing required skills without the instructor's assistance.
<b>Entry Requirements</b>	-Ages 6 months through age 2 -Parent (or other adult) must be in the water with the child	-Ages 3-5 -For young beginners -All skills completed with or without support	-Ages 3-5 -All skills completed without support -Fully submerge head -No fear in shallow water	-Ages 6+ -For Beginners

Level	5	6	7	8
<b>Objective</b>	Objective is to become proficient performing basic skills. Upon completion your child will swim front and back crawl independently and learn rotary breathing.	Objective is to become proficient performing front crawl, back crawl, elementary backstroke and dolphin kick.	Objective is to improve endurance and technique while performing front crawl, back crawl, elementary backstroke and dolphin kick. Students will proficiently perform breaststroke and scissors kick.	Objective is to improve endurance and refine technique while swimming: front crawl, back crawl, elementary backstroke and breaststroke. Students will be introduced to sidestroke and butterfly
<b>Entry Requirements</b>	-Ages 6+ -Fully submerge head -No fear in shallow water	-Ages 6+ -Front Crawl (10 yards) -Back Crawl (5 yards)	-Ages 6+ -Front Crawl with rotary breathing (15 yards) -Back Crawl (15 yards) -Elementary Backstroke (15 yards)	-Ages 6+ -Front Crawl (25 yards) -Back Crawl (25 yards) -Elementary Backstroke (25 yards) -Breaststroke (15 yards) -Dolphin Kick (15 yards) -Scissors Kick (15 yards)

Level	9	Jr. Lifeguard
<b>Objective</b>	Objective is to improve endurance and demonstrate proficiency completing the following skills: -Swim continuously (500 yards) -Front Crawl (100 yards) -Back Crawl (100 yards) -Elementary Backstroke (100 yards) -Breaststroke (50 yards) -Butterfly (25 yards)	Objective is to introduce basic water rescue skills and safety techniques. Students will work to improve endurance and skill in front crawl, head up front crawl, breaststroke and sidestroke.
<b>Entry Requirements</b>	-Ages 6+ -Front Crawl (50 yards) -Back Crawl (50 yards) -Elementary Backstroke (50 yards) -Breaststroke (25 yards) -Sidestroke (15 yards) -Butterfly (15 yards) -Swim continuously (250 yards)	-Must be at least 12 -Front Crawl (50 yards) -Breaststroke (50 yards) -Sidestroke (50 yards) -Dive -Swim continuously (200 yards)