



# 2026 WINTHROP RECREATION DEPT SUMMER PROGRAM



# SWIM LESSONS

**LEVELS 3-4-5**

**10:00-11:00am**

**LEVEL 1-2-Toddlers**

**11:00-12:00pm**

## TODDLER PROGRAM:

For ages 2 to 4 years old, this is a parent/child program; the program is to help prepare your child for Level one when they turn 5.

## To pass LEVEL 1 the swimmer must:

Play comfortably in the water.

Put your face in the water.

Float on Front and Back with Support

## To pass LEVEL 2 the swimmer must:

- Hold your breath with head fully submerged for 3 seconds.
- Retrieve objects submerged in deep water
- Explore deep water with support
- Float Unsupported on Front and Back.
- Float/glide unsupported and recover for 5 seconds on front and back
- Rhythmic breathing with or without support and bob 10 times
- Step offside into chest deep water and recover to vertical position.
- Flutter kick on back with or without support
- Show finning on your back
- Show crawl position
- Flutter kick on front with or without support
- Combine front stroke using kick and alternation arm action 5 yds
- Combine front stroke using kick and motion for 5 yds.



## To pass LEVEL 3 the swimmer must:

- Retrieve objects with eyes open & no support from chest deep water.
- Prone glide with push off for 2 body lengths
- Coordinate arm stroke front crawl with breathing to side for 10 yd.
- Elementary back stroke for 10yds with or without kickboard.
- Bob in water slightly over your head and travel to safe area 10 times with or without support.
- Jump into deep water.
- Supine glide with push off for 2 body lengths
- Coordinate back crawl for 10 yds
- Bob submerging head completely 15 times.



## To pass LEVEL 4 the swimmer must:

- Demonstrate deep water bobbing
- Demonstrate rotary breathing
- Scull on back for 5 to 15 seconds
- Front crawl with rotary breathing for 25 yds
- Sidestroke scissors kick for 10 yds with or without a kickboard.
- Back Crawl 25 yds
- Elementary backstroke for 25 yds
- Breaststroke for 10 yds with or without a kickboard



## To pass LEVEL 5 the swimmer must:

- Demonstrate Alternative Breathing
- Demonstrate Long Shallow Dive
- Front Crawl for 50 yds
- Swim underwater 3 body length
- Breast stroke for 10 yds
- Demonstrate a stride jump entry
- Butterfly dolphin kick 10 yds with or without a kickboard.
- Side Stroke for 10 yds & Elementary Backstroke for 25 yds