



NECC Swim Lesson Descriptions and Advancement requirements

We are unable to offer make-up classes. Please refer to the web site necommunitycenter.org.

Parent and Child- (Ages 6 months – 6 years) In this class parents are taught how to help their children be comfortable in the water and introduce age appropriate swimming skills using songs and games to have a fun and enjoyable experience in the water. At 3 yrs old children may go into preschool classes. (Maximum 12)

Preschool Swim Lesson Descriptions (Ages 3 – 5)

Pre-Level 1- No swimming prerequisite. All skills are performed with help. Exit skills are: 1. Enter water independently, travel 5 yds., submerge mouth and blow bubbles for 3 sec. then exit water. 2. Front glide 2 body lengths, then roll to back and float on back for 3 seconds then recover to vertical. Other skills covered are safety, floating, and arm and leg movements. (Maximum 6)

Pre-Level 2 - Pass level 1 skills. All skills can be performed with help. Exit skills are: 1. Front glide 2 body lengths, roll to back, float 5 sec. then recover to vertical. 2. Back glide 2 body lengths, roll to front and float 5 sec. then recover. 3. Swim on front 3 body lengths, roll to back and float 5 sec., roll to front and continue swimming 3 body lengths. Other skills covered are safety, bobbing, treading. (Maximum 6)

Pre-Level 3 - Pass level 2 skills. All skills are performed independently. Exit skills are: 1. Jump in, front float 5 sec., roll to back and float 5 sec., then recover to vertical. 2. Back float 5 sec. roll to front then recover to vertical. 3. Swim on front 5 body lengths, roll to back and float for 15 sec., roll to front and swim for 5 body lengths. Other skills covered include treading, floats, and safety. (Maximum 6)

School Age Swim Lesson Descriptions (Ages 6 and Above)

Level 1 - No swimming prerequisite. Exit skills are: 1. Enter water, travel 5 yds, bob 3 times, then exit the pool. 2. Front glide 2 body lengths, roll to back float 3 sec. then recover to vertical. Other skills include safety, treading, arm and leg movements. (Maximum 6)

Level 2 - Pass level 1 skills. Exit skills are: 1. Jump in, front float 5 sec., roll to back, float 5 sec., then recovers to vertical. 2. Back float 5 sec., roll to front then recover to vertical. 3. Swim on front 5 body lengths, roll to back, float 15 sec., and roll to front and swim 5 body lengths. Other skills include bobbing, treading, and water safety. (Maximum 6)

Level 3 - Pass level 2 skills. Exit skills are: 1. Jump in, swim front crawl 15 yds. Tread or float 30 sec., and swim elementary backstroke 15 yds. Other skills include beginning dives, side breathing, dolphin and scissors kicks, and water safety skills. (Maximum 6)

Level 4 - Pass level 3 skills. Exit skills are: 1. Jump in, swim front crawl 25 yds., then swim elementary backstroke 25 yds. 2. Swim breaststroke 15 yds. Then swim back crawl 15 yds. Other skills include diving, open turns, treading, butterfly, sidestroke, and water safety skills. (Maximum 6)

Level 5 – Pass level 4 skills. Exit skills are: 1. Racing dive, swim front crawl for 50 yds., then swim elementary backstroke 50 yds. 2. Swim breaststroke 25 yds., then swim back crawl 25 yds. Other skills include surface dives, treading, sculling, and water safety skills. (Maximum 7)

Level 6 – Pass level 5 skills. Exit skills are: 1. Swim 500 yds. continuously using any 3 strokes of your choice swimming at least 50 yds. of each stroke. 2. Jump into deep water, perform survival float for 5 min. roll to back and float for 5 min. 3. Do a feetfirst surface dive, retrieve object from 7 -10 ft. depth, and return to surface then to starting point. Other skills include flip turns, treading, butterfly, and water safety skills. (Maximum 7)