

LEARN TO SWIM COURSE COMPARISON

EXISTING LEARN TO SWIM COURSES	REVISED LEARN TO SWIM COURSES	COURSE CONTENT INCLUDES
TOIS	Level I: Water Exploration	<ul style="list-style-type: none"> • Supported floating and kicking on front and back • Alternating arm action • Water safety rules and emergency help • Submerge face • Fundamentals of using a life jacket
Previously not a course. Is newly designed because too many youth are stuck in beginners. Makes smoother transition. Your youth will be placed appropriately.	Level II: Primary Skills	<ul style="list-style-type: none"> • Floating and kicking on front and back • Rhythmic breathing • Combined stroke on front and back crawl • Turning over front to back, back to front • Reaching and extension assists • Familiarity with rescue breathing
BEGINNER	Level III: Stroke Readiness	<ul style="list-style-type: none"> • Front crawl with breathing • Fundamentals of elementary backstroke • Jumping into deep water with a life jacket • Treading water • Self-rescue skills and rescue breathing
ADVANCED BEGINNER	Level IV: Stroke Development	<ul style="list-style-type: none"> • Front/back crawl endurance • Deep-water bobbing • Elementary backstroke • Introduce breaststroke and sidestroke • Turns at the wall • Familiarity with CPR
INTERMEDIATE	Level V: Stroke Refinement	<ul style="list-style-type: none"> • Breaststroke and sidestroke endurance • Alternate breathing • Swimming underwater • Butterfly • Open turns at the wall • Beginning diving progression/safety
SWIMMER	Level VI: Skill Proficiency	<ul style="list-style-type: none"> • Stroke efficiency and endurance • Tuck and pike surface dives • Alternative kicks for treading water • Throwing rescues