

# Swim Lesson Levels

## JCC Los Gatos



	Level	What you need to know	What you will learn
Team	APJCC Swim Team	Able to complete skills below	Development of swimming career, participation in meets
	Pre-Comp Level 2	200 freestyle, 100 backstroke, 100 breaststroke, 50 fly, 100IM	1500-2000 yard practices Swimmers will be prepared to join our competitive team
	Pre-Comp Level 1	100 freestyle, 100 backstroke, 50 breaststroke, 25 fly flip turns, general knowledge of underwater swim	1000-1500 yard practices Proper competitive swimming skills
Learn to swim Ages 5+	Level 5 Sea Otter	*50 freestyle, *50 backstroke, *25 breaststroke, 25 dolphin kick, flip turn, knowledge of back & open turns	*100 yards freestyle, *100 yards backstroke, *50 breaststroke, 25 fly, backstroke flip turns, underwater swimming
	Level 4 Swordfish	See skills taught in level 3	*50 freestyle, *50 backstroke, *25 breaststroke, 25 dolphin kick, flip turn, intro to back & open turns
	Level 3 Fire Fish	See skills taught in level 2	*25 yards freestyle, *25 yards backstroke, 10 yards breaststroke, intro to flip turns/dolphin kick
	Level 2 Flounder	Ability to go underwater, independent glide on front and back, able to use kickboard with correct kicks	7 yards of freestyle, 7 yards of backstroke, 10 yards breaststroke, intro to flip turns/dolphin kick
	Level 1 Rainbow Fish	Little to no experience	Blowing bubbles, submerging head 5x, front float, back float, glides on front and back
Preschool Ages 3-4	Level 2 Sea Turtle	Comfortable putting face in the water and blowing bubbles, can float and kick assisted	Submerging underwater, independent floats and glides, assisted arm/leg combined movements
	Level 1 Sea Cucumber	Little to no experience	Comfortable putting face in water, blowing bubbles assisted front and back float, assisted kicking
Parent-Tot	Water Exploration Class	<b>Spring/Summer Only</b> Participants will learn how to become comfortable in the water in a fun, engaging atmosphere	

\*correct form, including bilateral breathing and proper technique