

Westtown Aquatic Program Swim Levels



ALL CAMPERS

Beginner:

Children 3 years and older who cannot swim across the pool on their own are considered beginners. Instructors help students build confidence in the water, and teach self-rescue float.

Goal: The goals are for students to be able to: jump in, float on their backs, and swim the width of the pool unassisted.



Novice 1:

Children who are graduates of the Beginner level and swimming successfully on their backs are considered Novice 1. The self-rescue float is reinforced and students will progress into a front-float position and be taught how to roll from back to front and take freestyle arm strokes.

Goal: The goals are to master the self-sustaining floating position and swim the width of the pool with freestyle arm strokes (unassisted).



Novice 2:

Children who have demonstrated the ability to perform a self-sustaining float and are ready to progress into freestyle swimming are considered Novice 2. Instructors will take students through a three-step progression that will teach each swimmer how to perform bilateral/freestyle swimming. Backstroke may be introduced.

Goal: The goals are to swim two widths of the pool, unassisted, using bilateral freestyle.



Advanced Freestyle and Backstroke:

Children of any age will refine freestyle and backstroke techniques. Students will be taken through progressive drills for both strokes.

Goal: The goals are to prepare competitive swimmers for Westtown Aquatics Club (registered USA Swimming member), pre-team, or developmental programs.

Advanced Butterfly and Breaststroke:

Children of any age will refine butterfly and breaststroke techniques. Students will be taken through progressive drills for both strokes.

Goal: The goals are to prepare competitive swimmers for Westtown Aquatics Club (registered USA Swimming member), pre-team, or developmental programs.