

Honda Swim Lessons

Level Descriptions

Parent/Child

(6 months – 3 years)

Up to 10 in class

Safety Topics
Able to identify the lifeguard
Safe life jackets, by correct weight
Never leave your child alone or out of reach while they have floatation devices on
Stroke Development
Enter & Exit Pool
Blow bubbles through mouth (3 sec)
Blow bubbles through nose (3 sec)
Submerge Full Face
Retrieve object in waste deep water (2 times)
Back float (3 sec)
Jump from side, turn and grab the wall
Bobbing (3 times)
Roll back to front with assistance
Front glide (1 body lengths)
Flutter kick on stomach
Flutter kick on back
Correct body position in water (staying horizontal)

Swim Level 1

(3yrs +)

Up to 5 in class

Safety Topics
Only go near water with an adult
Intro to pool and pool rules
No running, risk of slipping
When and how to yell for help
Look before you leap
New Stroke Development
Jump into shoulder deep water
Fully submerge and hold breath (5 sec)
Front float
Roll from front to back & back to front
Retrieve submerged object in shoulder deep water
Treading with arm and leg motion (10 sec)
Front glide with flutter kick (2 body lengths)
Back glide with flutter kick (1 body length)
Concept of Freestyle
Continued Stroke Development
Back float (10 sec)
Jump from side independently turn and swim back to the wall
Bobbing (5 times)
Front glide (2 body lengths)
Flutter kick on stomach w/ board
Correct body position in water

Swim Level 2

Up to 7 in class

Safety Topics
Reach or throw don't go
Look before you leap
Pool rules
New Stroke Development
Jump into deep water from side
Diving (sitting, kneeling, & standing)
Backstroke (5 body lengths)
Breaststroke kick (with kickboard)
Breaststroke arms and legs
Rotary breathing for freestyle
Freestyle (5 body lengths)
Front open turn
Back open turn
Continued Stroke Development
Treading with arm and leg motion (1 minute)
Front streamline (glide), and starting stroke
Back streamline (glide), and starting stroke
Back float (30 seconds)
Bobbing (10 times)

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Level Descriptions

Swim Level 3

Up to 7 in class

Safety Topics
Pool rules
Look before you leap
Reach or throw don't go
New Stroke Development
Feet first surface dives
Dolphin kick
Butterfly
Freestyle (25 yds)
Backstroke (25 yds)
Breaststroke (25 yds)
Freestyle flip turn
Continued Stroke Development
Strength with flutter kick
Streamlines
Dives

Please note that level of swimmer past Swim Level 3 are now safe in the water. If they are passionate about continuing to swim, it is suggested to seek out local swim teams.

Adult Swim Lesson

Class size based on ability and needs of member.

Lower level ability should not have many. Higher level swimmers could have larger amounts.

Adult swim lessons will be based on skill level and outcome that the member would like to achieve.

Please note conversation needs to be had with member seeking basic level - (being comfortable in the water). Was this caused by a near drowning experience, fear of water? Extra caution needs to be taken to ensure not to cause more distress while learning new things.

If adult is looking to make strokes more technical and efficient, please make sure instructor is knowledgeable in this area.