

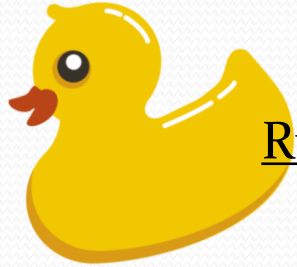
NOMAD Swim School

Group Lesson Level Progression

Hello and thank you for your interest in the group lessons at the NOMAD Swim School! This document should help guide you through our various levels. By reviewing this document, you should be able to determine the level your swimmer should start out with. If you are not able to determine the level, don't worry! We can schedule evaluation for you!

If you have any questions, you would like to schedule an evaluation or you are ready to enroll, email us at swimacademy@nomadaquatic.com or call her at 704-949-1545.

LEVEL 1

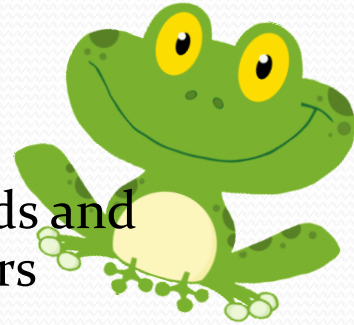


Rubber Ducky

Ages 2-5

Submerge mouth, nose, eyes, & ears underwater
Float on back & front with noodle without assistance
"Big arms" using scoops
Kick on wall or with assistance
Swim freely in tied noodle
Jump off side in to water without assistance
Blow bubbles out of mouth and nose
Water safety rules
Push off step in streamline to instructor without assistance
Flat body position
Hold breath 3-5 seconds underwater without assistance
Bobbing

If they can do ALL of the above, proceed to next class



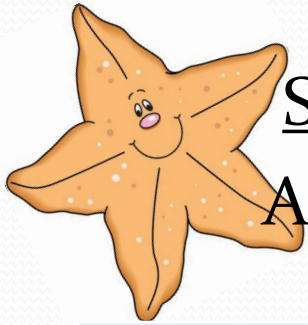
Little Frog

Advanced 3-4 year olds and
beginner 5 & overs

Float on back and front 10 seconds, no assistance
Bobbing
Freestyle Basics
-swimming horizontally
-arms all the way out of the water
-keep face in the water
-swim to lane line and back
Introduce kicking with straight legs
Kick with kickboard to lane line without assistance
Streamline off step without assistance
Backstroke
-keep knees underwater when kicking
-keep ear to arm
-keep hips up
- straight arms

If they can do ALL of the above, proceed to next level →

LEVEL 2



Starfish

Ages 5-12

Freestyle-side breathing

- keep contact with ear and arm
- breathing to the side every three strokes

Swim freestyle 10 feet

Start freestyle with streamline position

Begin competitive backstroke without assistance

Attain underwater objects without help

Advanced kicking with kickboard

Kicking skills

-little splashes

-straight legs

Self guided floating position

Jump into competition pool and exit pool without assistance

Tread water for 10 seconds

Seated kneeling dive

If they can do ALL of the above, proceed to next class



Seahorse

Ages 5-12

Continue freestyle advancement

-Ear remains in water while breathing

-Arms come entirely out of water

-maintain a high elbow

-Bent arm movement

-Arms reach out in front of shoulders

-Rhythmic breathing

Swim full lap of freestyle and backstroke in warm pool

Continue backstroke advancement

-Introduce backstroke grab start

-pinky entering the water first, thumb last

-rotating shoulders

Kicking full laps with straight legs

Diving with grab start off the side

Tread water for 30 seconds

Jump off block

If they can do ALL of the above, proceed to next level →

AQUA DEVILS

Congratulations! Your swimmer has made it through our Swim School and is now ready to try-out for the NOMAD Swim Team! To schedule a try-out or get further details about the swim team, please contact Leigh at leigh@nomadaquatic.com or 704-949-1541.

