

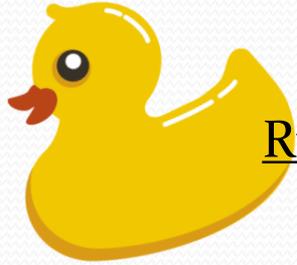
# NOMAD Swim School

## 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 Mary at [mary@nomadaquatic.com](mailto:mary@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 →

# LEVEL 3

## Angelfish

Ages 5-12

Perfecting freestyle
Bilateral breathing
Perfecting backstroke
Use backstroke flags
Begin elementary breaststroke
-Breaststroke kick
-Breaststroke arms
-Breaststroke pull out off wall
Underwater streamline off walls
Tread water one minute
Diving off blocks
Submerge up to 6 feet
Swim full laps in big pool
Kick full laps in big pool

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



## Goldfish

Ages 5-12

Perfecting freestyle
Perfecting backstroke
Perfecting breaststroke
Begin Elementary butterfly
Introduce flip turns
Swim full laps in competition pool of each stroke
Dive off blocks (advanced)
Endurance building drills-50 yards
Open turns
Sprints for time
Dive from blocks and swim 1 or more laps

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



## Stingray

Ages 5-12

Perfecting freestyle
Perfecting backstroke
Perfecting breaststroke
Advanced butterfly
Butterfly kick while streamlining
Endurance drills-50+ yards and more
IM drills and swim
Circle swimming concepts

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](mailto:leigh@nomadaquatic.com) or 704-949-1541.

