



## A simple level structure.

Follow our Levels and Skills, or adapt them to your own needs. Each facility and program is unique and faces site-specific challenges.

Swimming Ideas	Name:	Notes:
<b>Parent Tot</b> <input type="checkbox"/> Parent Center <input type="checkbox"/> Suspended Front Float <input type="checkbox"/> Swims, Snaps, Swimming	<input type="checkbox"/> Suspended Back Float <input type="checkbox"/> Swimming	<b>Level 2: Streamlines and the crawl</b> <input type="checkbox"/> Streamline 25m, 50m or 100m <input type="checkbox"/> Crawl stroke 25m, 50m or 100m <input type="checkbox"/> Streamline and crawl <input type="checkbox"/> Streamline and crawl <input type="checkbox"/> Streamline and crawl
<b>Cuppies: Play, Structure, Fun</b> <input type="checkbox"/> Water Winks <input type="checkbox"/> Water Winks and play a game <input type="checkbox"/> Water Winks and play a game <input type="checkbox"/> Water Winks and play a game	<input type="checkbox"/> Water Winks <input type="checkbox"/> Water Winks and play a game <input type="checkbox"/> Water Winks and play a game	<b>Level 3: Breathing, Breaststroke, Butterfly</b> <input type="checkbox"/> Breaststroke 25m, 50m or 100m <input type="checkbox"/> Butterfly 25m, 50m or 100m <input type="checkbox"/> Breaststroke and butterfly <input type="checkbox"/> Breaststroke and butterfly
<b>Level 1: Going underwater and support</b> <input type="checkbox"/> Underwater support <input type="checkbox"/> Underwater support <input type="checkbox"/> Underwater support	<input type="checkbox"/> Underwater support <input type="checkbox"/> Underwater support <input type="checkbox"/> Underwater support	<b>Level 4: Distance, Competitive, IM</b> <input type="checkbox"/> Distance 25m, 50m or 100m <input type="checkbox"/> Competitive 25m, 50m or 100m <input type="checkbox"/> IM 25m, 50m or 100m <input type="checkbox"/> Distance, Competitive, IM <input type="checkbox"/> Distance, Competitive, IM

Our levels include testable skills that make sense. They're simple to understand and clearly identified.

Spend your time where it counts: on quality instruction and maximizing learning. Your effort and time is valuable. Leverage the hard work we've put in to trimming unnecessary testable skills



## Your brand, our structure.

There is no charge, license, contract, or demands to use our program.

Use our level structure, skills, teaching language, and format for free.

Follow our guidance, or come up with your own!

Customize anything for your unique needs. Change logos, names, games, and activities at will. Your brand is important; use it.

- Level 1 -> Intro to Water
- Level 2 -> Glides
- Level 3 -> Blue

Subscriptions give access to our training documents, lesson plans, guides, mentorship, and online courses.



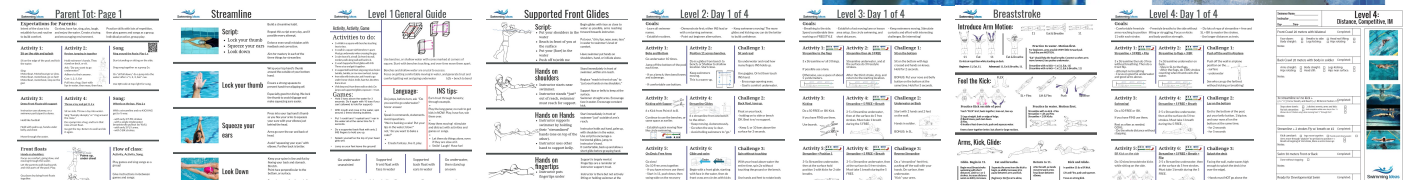
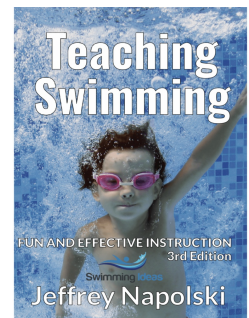
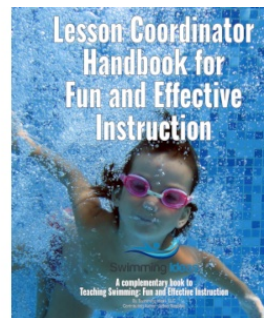
## Train your team to a single standard.

Ready to go training tools:

- Online courses
- Reference workbooks
- Lesson plans
- SkillSheets
- Ongoing guidance; updates

Ensure your staff is teaching quality swimming lessons by providing a single standard: the Swimming Ideas online courses, training workbooks, and lesson plans.

Print workbooks and digital PDFs for Lesson Coordinators and for Swim Instructors.



## Who will use our solutions?

Swim Instructors

Lesson Coordinators

Aquatic Professionals

**Training for staff**

**Training staff & leaders**

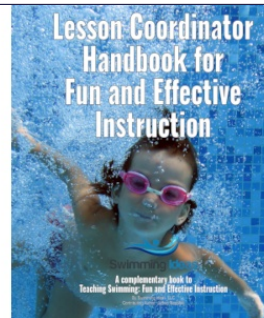
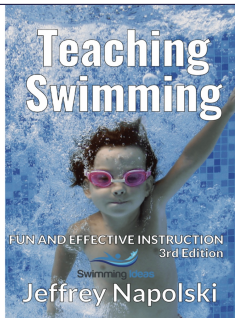
Level Structure Course

Teaching Swimming Workbook & Course

Lesson Coordinator Handbook

Lesson Management & Tracking

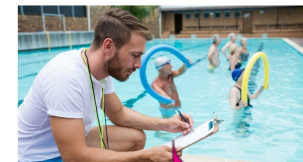
Guppies Toddler	Guppies Toddler
Level 1	Level 1
Level 2	Level 2
Level 3	Level 3
Level 4	Level 4



Lesson management Levels & Skills Parent Account Log out

**Swim Lessons Pro**

Track swimmer progress. Update Level and Skill mastery. Allow parents to log in, create their own swimmers. Deliver evaluations, comment, and organize into classes.



**Teaching Swimmers**

**Delivering Feedback**

Lesson Plans

Skill Sheets

Evaluations

Lesson management Levels & Skills Parent Account Log out

Parent Tot: Page 1

**Expectations for Parents:** It is the parent's responsibility to ensure their child is ready to swim. Parents should ensure their child is properly supervised at all times. Parents should ensure their child is properly dressed for swimming. Parents should ensure their child is properly hydrated. Parents should ensure their child is properly protected from the sun.

**Activity 1: Sit on the side and splash**

**Activity 2: Kick and splash**

**Activity 3: Kick and splash**

**Activity 4: Kick and splash**

**Front floats**

**Flow of class:**

**Streamline**

**Script:**

- Lock your thumbs
- Squeeze your ears
- Look down

**Lock your thumb**

**Squeeze your ears**

**Look Down**

Level 4: Distance, Competitive, IM

**Parent Tot**

**Guppies: Play, Structure, Fun**

**Level 1: Going underwater and support**

**They're awesome**

Great job being awesome!

Swimmer Evaluated: **None, Nothing**

Evaluator: Test Tester

**Level Tested:**

- Level 1

**Skills Tested:**

- L1: Go underwater & recover to standing
- L1: Going Underwater Classified
- L1: Supported Back Glide
- L1: Supported Front Glide

The swimmer has mastered the following Levels:

## Full list of tools and training products

- Lesson plans
- Skill Sheets
- Teaching Swimming Online Course
- Level Structure Online Course
- Teach Swimming Workbook; print & PDF
- Lesson Coordinator Handbook; print & PDF
- Evaluation forms; by level
- Evaluation form; one-sheet

- Downloads, Tools & Tutorials Online Course
- How to Create Fun and Effective Swim Games; print & PDF
- How to Create Fun and Effective Developmental Swim Practices; print & PDF
- SwimLessons.pro online lesson management website

**Subscribe today!**



**SCAN ME**