

# Columbus Parks and Recreation

## Swim Lessons Skills Rubric

This skill rubric is intended to be used to help parents / guardians sign swimmers up for the correct level at registration. A swimmer should be able to perform a majority of the skills listed at a given level to advance to the next. All students will be evaluated on the first day of class. If a student is placed in the incorrect level, they may be moved (either up or back).

Reassignment to another level is up to the discretion of the instructor and is done for the safety of the swimmers, instructors, and others in the class.

### **Preschool Level Skills (Ages 3-5)**

- Enter water by jumping in (shoulder-deep water)
- Fully submerging and holding breath, 5 seconds
- Bobbing, 5 times (in chest deep water)
- Front float, 5 seconds (and recover to vertical)
- Jellyfish float, 5 seconds
- Tuck float, 5 seconds
- Back float, 15 seconds (and recover to vertical)
- Back glide, 2 body lengths (and recover to vertical)
- Change direction of travel while swimming on front or back
- Treading using arm and leg actions, 15 seconds (shoulder-deep water)
- Combined arm and leg actions on front, 5 body lengths
- Finning arm action on back, 5 body lengths
- Combined arm and leg actions on back, 5 body lengths



### **Level 1 Skills (Ages 6 – 18+)**

- Blowing bubbles through mouth and nose, 3 seconds
- Bobbing, 3 times
- Opening eyes underwater and retrieving objects, 2 times
- Front glide, 2 body lengths (and recover to vertical)
- Back glide, 2 body lengths (and recover to vertical)
- Back float, 3 seconds (and recover to vertical)
- Roll from front to back (in float position)
- Roll from back to front (in float position)
- Treading using arm and hand actions (chest-deep water)
- Alternating leg action on front, 2 body lengths
- Simultaneous leg action on front, 2 body lengths
- Alternating arm action on front, 2 body lengths
- Simultaneous arm action on front, 2 body lengths
- Combined arm and leg actions on front, 2 body lengths

### **Level 2 Skills (Ages 6 – 18+)**

- Fully submerging and holding breath, 5 seconds
- Bobbing, 5 times (in chest deep water)
- Opening eyes underwater and retrieving submerged objects, 2 times
- Front float, 5 seconds (and recover to vertical)
- Jellyfish float, 5 seconds
- Tuck float, 5 seconds
- Front glide, 2 body lengths
- Back float, 15 seconds (and recover to vertical)
- Back glide, 2 body lengths
- Roll from front to back
- Roll from back to front
- Change direction of travel while swimming on back or front
- Treading using arm and leg actions, 15 seconds
- Combine arm and leg actions on front, 5 body lengths
- Finning arm action on back, 5 body lengths
- Combine arm and leg actions on back, 5 body lengths

### **Level 3 Skills (Ages 6 – 18+)**

- Headfirst entry from the side in a sitting position (9ft water depth)
- Headfirst entry from the side in a kneeling position (9ft water depth)
- Bobbing while moving toward safety, 5 times (in chest deep water)
- Rotary breathing, 10 times
- Survival float on front, 30 seconds (in deep water)
- Back float, 30 seconds (in deep water)
- Change from vertical to horizontal position on the front (in deep water)
- Change from vertical to horizontal position on back (in deep water)
- Tread water, 30 seconds (in deep water)
- Push off in a streamlined position on the front, then begin flutter kicking, 3-5 body lengths
- Push off in a streamlined position on the front, then begin dolphin kicking, 3-5 body lengths
- Front crawl, 15 yards
- Elementary backstroke, 15 yards
- Scissors kick, 10 yards

### **Level 4 Skills (Ages 6 – 18+)**

- Headfirst entry from side in a compact position (9ft water depth)
- Headfirst entry from side in a stride position (9ft water depth)
- Swim under water, 3-5 body lengths
- Feet-first surface dive, submerging completely
- Survival swimming, 30 seconds
- Front crawl open turn
- Backstroke open turn
- Tread water using 2 different kicks  
(modified scissors, modified backstroke or rotary), 2 minutes
- Front crawl, 25 yards
- Breaststroke, 15 yards
- Butterfly, 15 yards
- Push off in a streamlined position on back and begin flutter kicking, 3-5 body lengths
- Push off in a streamlined position on back and begin dolphin kicking, 3-5 body lengths
- Elementary backstroke, 25 yards
- Back crawl, 15 yards
- Sidestroke, 15 yards



### **Level 5 Skills (Ages 6 – 18+)**

- Shallow angle dive from the side (9ft deep water)
- Shallow angle dive, 2 body lengths and begin and front stroke (9ft deep water)
- Tuck surface dive, submerging completely
- Pike surface dive, submerging completely
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Tread water, 5 minutes
- Front crawl, 50 yards
- Breaststroke, 25 yards
- Butterfly, 25 yards
- Elementary backstroke, 50 yards
- Back crawl, 25 yards
- Standard scull, 30 seconds
- Sidestroke, 25 yards

### **Level 6 Skills (Ages 6 – 18+)**

- Front crawl, 100 yards
- Elementary backstroke, 100 yards
- Back crawl, 50 yards
- Breaststroke, 50 yards
- Sidestroke, 50 yards
- Butterfly, 50 yards
- Front crawl open turn while swimming
- Backstroke open turn while swimming
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Sidestroke turn while swimming
- Butterfly turn while swimming
- Breaststroke turn while swimming
- Circle swimming
- Using a pace clock
- Using a pull buoy while swimming, 25 yards
- Using fins while swimming, 25 yards
- Using paddles while swimming, 25 yards

