



# Swim Lessons

WISC is a Starfish Aquatics Institute certified Training Center. All swim lessons are taught by Starfish Swim Instructors with clear, concise goals. Safety and skill benchmarks are offered in each level. The classes have a low participant to instructor ratio to give your child the best lessons possible. Assessments will be offered so that participants are placed in the class that best fits their abilities.

## Swim Levels



### To pass **Beginner:**

Safety: Always ask for permission, Put on a life jacket and kick 20ft

Skills: Be comfortable in the water, Submerge for at least 5 seconds with or without assistance, jump in and go under then recover for air and roll over to back for at least 5 seconds

### To pass **Intermediate:**

Safety: Reach or throw.. don't go, Know when to call 9-1-1, Tread water for 30seconds, survival float

Skills: Jump in and submerge then recover for air and pull forward on either front or back then change direction and return to wall, Start in side glide with over arm pulls for 30ft using 1-2-3 breathe pattern

### To pass **Advance:**

Safety: Always ask permission, Put on life jacket IN the water and kick 30ft

Skills: Swim freestyle for 25yds with extended body and consistent form, Swim backstroke 25yds with straight arm recovery, body roll, and good arm extensions

### To pass **Advance II:**

Safety: Reach or throw.. don't go, Know when to call 9-1-1, Water safety concepts, Tread water OR survival float for 2 minutes

Skills: Perform freestyle for 50yds with flip turn, Backstroke 50yds with flip turn, Breaststroke 50yds with open turn, Butterfly 25yds with open turn

**Williamsburg  
Indoor Sports  
Complex**

5700 Warhill Trail  
Williamsburg, VA 23188

Phone: 757 253 1947

Fax: 757 253 6467

E-mail:

[mspivey@thewisc.com](mailto:mspivey@thewisc.com)